

VIA RECTA

AD

VITAM LONGAM,

OR

A PLAINE PHILOSOPHICAL DISCOURSE OF THE

Nature, faculties, and effects, of all such things
as by way of nourishments, and Dieteticall obserua-
tions, make for the preservation of Health, with
their iust applications vnto euery age, con-
stitution of body, and time of
YEARE.

WHEREIN ALSO BY WAY OF IN-
troduction, the Nature and Choise of Habita-
ble Places, with the true vse of our famous *Bathes*
of BATH, is perspicuously demonstrated.

The second Edition, corrected, and enlarged:

BY

TO: VENN, Doctor of Physicke in BATH.

Whereunto is also annexed a compendious Treatise
concerning the true vse of TOBACCO,
By the same Author.

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TO THE MOST
EXCELLENT, ILLV-
STRIOVS, AND MIGH-
TY PRINCE CHARLES,
PRINCE OF WALES,
&c.



Ight noble and most illustrious PRINCE, this Dieteticall Treatise, concerning the preservation of health, finding vpon the first impression thereof good acceptance with most men, with such, I meane, as are learned and truely generous, not wise onely by inheritance, or of a detracting spirit, I was the sooner perswaded to illustrate it with diuers profitable additions, and the more emboldened to commend it to your MAIESTIES protection, being a Worke (in regard of the Subiect) most besit-

THE EPISTLE.

ting your MAIESTY, who is the chiefeſt hope,
and future health of Great-Britaines Monar-
chy. If theſe my Labours ſhall any way further
your MAIESTIES health and proſperity of
body, I haue my aime and contentment. For
without Health, neither Honours, nor Riches,
nor any other that we call Corporis bona, are
perfect, pleaſant, or delightfull. Health there-
fore is the very perfection of Life, without which,
life is no life : Non enim viuere, ſed valere
vita eſt. Thus with my daily prayers vnto God
for the happy continuance of your MAIESTIES
life, to the exceeding great comfort of all true-
hearted Britaines, I in all dutifull obedience
moſt humbly reſt,

At your MAIESTIES ſeruice

and command,

To: VENNER.



OF THE NATVRE AND CHOISE OF HABITABLE PLACES.

*Whether a temperate ayre be the best and wholsomest
for the preservation of life?*



Seeing that, for the continuance of life and health, there is so great respect to be had of the ayre (for without it wee can scarcely liue a moment of time) and place of habitation, as of the meates we eate; I therefore thought it meete to expresse, by way of Introduction, the knowledge of those things that demonstrate the salubritie of habitable places, which is expended chiefly in three things; in purenesse of the aire, qualitie of the soyle and situation, and wholsomnes of the water: from which euery man may easily gather and conceiue of the healthfulnesse of his habitation. And first as concerning the ayre, that is the best and wholsomest to preserue life, which is subtile, bright, and cleare, not mixt with any grosse moisture, or corrupted with filthy or noisome vapors, which also with calme & pleasant winds (for great & boisterous winds are to the lungs, eyes, and eares
B hurtfull)

hurtfull) is gently moued: for such aire is in substance pure, in qualities temperate, and therefore most wholsome. But the aire that is infected with corrupt & filthy vapours, evaporating or breathing out of standing pooles, channels, or other impure places, or which is so shut vp with hills or mountaines, that it cannot be freely perslated and putrified with the winds, is not fit for preserving of health; like as neither that, which is affected with too much heat or cold, or suffereth often and suddaine mutations. For as a pure, cleare, and temperate aire is good for every age and constitution: euen so impure, grosse, cloudy and intemperate aire is to every age and constitution hurtfull. Therefore touching the knowledge of the goodnes of the aire, it must be considered that it be not vaporious, moist, or putride, not too hot, or too cold, nor ouer-moist, or dry: for a vaporious, cloudy, grosse or putride aire doth cause rheumes, annoy the lungs, corrupt the humors, infect the heart, deiection the spirits, and subuert the habite of the whole body.

Aire vaporious,
grosse, or put-
ride.

Aire too hot.

Aire too hot doth relaxe the ioynts, resolue the humors, and spirits, cast downe the strength, greatly weaken the concoction, with all other functions of the vegetall facultie, because it dissolueth and draweth out the naturall heat. Moreover it maketh the colour yellow, because it corrupteth the blood which rubifieth the colour, and causeth cho'cr to exceed other humors. Last of all, it heateth the heart with an vnnaturall heat, it dissolueth, wasteth, and consumeth the humors, and causeth them to putrifie, and flow to the concauities and weake parts of the body; and therefore it is not agreeable to healthy bodies: Notwithstanding it is auailable for ouer cold, moist, hydropicke, and paralytike bodies, and such as are affected with the crampe proceeding of too much cold and moisture.

Temperate
aire.

But aire temperately hot doth maintaine the naturall heat, confirme the strength, and maketh all the operations of the body more liuely: it is very comfortable and agreeable to every constitution.

Aire

Aire too cold is of a congelatiue power, and therefore weakneth the sinewes; and greatly hurterth the braine, breedeth catarrhes, and * *asthmaes*, and extinguisht the naturall heat, especially in weake bodies, by congeling the substantiall moisture thereof, and consequently it being not able to actuate as it ought, putrifieth. It is lesse hurtfull, nay sometimes profitable to bodies that are exceeding hot: and to sound bodies it is more conuenient and agreeable then aire that is ouer hot.

But aire meanelly cold is healthfull, because it impelleth the naturall heate into the inner parts, and so causeth a strong digestion, prouoketh the appetite, and maketh all the hidden operations of nature more effectuell: For such a coldnes is proportionably contrary to the naturall heat, by reason whereof, the naturall and genuine heate is by an Antiperistesis fortified, and the digestion, which is the roote of life, confirmed.

Aire too moist, such as is commonly in marish & lowe places, is to all bodies most hurtfull, because it too much lenifieth and moistneth the body, and filleth it with excrementall humors, and causeth distillations, the very roote almost of all diseases of the braine and sinewes, as crampet, palsies, &c. with paines in the ioynts; and to speake all in a word, a generall torpidity both of minde and body.

But that aire which is meanelly moist, especially in the summer time, is agreeable to moist complexions, for it maketh a good colour, softneth the skinne, and openeth the pores, whereby is caused the better diffation, and discussion of vaporious superfluities; but yet it somewhat maketh the humors prone to putrefaction. This aire verily is very agreeable to bodies of a dry constitution, but vnto other, by reason that it soone causeth putrefaction of humor, it is far lesse conuenient.

A dry aire is contrary vnto this, and it is most agreeable to moist constitutions.

Now these things, which I haue hitherto declared, concerning the election of aire, being considered, it doth

What things
declare the
wholsomnes
of the ayre.

plainly appeare, that of the same a temperate mediocritie in caliditie, frigiditie, humiditie, and siccitie, as much as possibly may be ; besides the lucide and cleare substance of it, is for the preseruacion of health to be desired, because such aire doth cause & conserue the health of the inhabitants. For nothing verily causeth the body to be more liuely and iocunde, and lesse dull & vnapt about the voluntary and animall motions, then to liue in a pure, cleare, and temperate aire, which hath in it no mixture of any filthy or offensiu vapour. And there are two things that doe plainly manifest the wholsomnes of such aire, as first, places free from very lowe valleys, and moores, and foggie mists in the night ; then the bodies of the inhabitants, as an acute wit, a sound and liuely colour, a stable integritie of the head, quicke sight, perfect hearing, sound smelling, cleare voice, and no difficultie of breathing, or vnlustinesse of the limmes : For by these signes the wholsomenesse of the aire is approued, and by the contrary the offensiu and noisome breath thereof is detected.

But seeing that it is not euery mans lot to liue in a pure and healthy aire, and such is the necessitie of the aire, that euen for a moment of time it cannot be eschewed, it must needs follow, that from it our bodies receiue very great alterations : Wherefore the euilnesse of the aire being knowne, and the alteration which it maketh in our bodies considered, it may be easie in our meat, drinke, exercise, &c. to object the contrary, which may much hinder, infringe, and attemper the action and power of the aire ; but yet I counsell all such as are truly generous, that they make their habitations, so much as may be, remote from lowe, fennie, and moorish places ; for the health of the bodie ought to be preferred before any pecuniary profits.

Whether

*Whether the habitation that is somewhat eminent, be for
health the best approved.*

WITH good reason did our Ancestors build their houses towards the South and the North, because through the northerne windowes, the north winde might in the Summer passe in, to coole the bloomie aire in them, and that the sunne, which rectifieth the aire, might through the southerne windowes in the Winter enter into euery roome. For otherwise they cannot haue the benigne and sweet aspect of the sunne, and the pleasant and healthfull blasts of the North winde at those distinct times of the yeare. But they did, for the most part euilly fet them (more regarding their commodity then health) in deepe and crooked places, because in such places they cannot be freely perslated and purified with the windes. Neither is that house or place of habitation to be commended, that lyeth open to the West, because it is perpetually subiect to the moist and excrementall blasts of the West winde. But in mine opinion those houses and habitations are best which are somewhat eminently situated on pure & firme ground, farre off from low, marish, or other filthy places, (for there the aire is for the most part temperate, subtile and pure, seldome infected with vaporious blasts) hauing springs or brookes of pure water neere adioyning, lying open to the South and East, with hills (which may somewhat hinder and keepe backe the vaporious West-winde, and the sharpe North winde in the winter) a little remote on the West and North side, hauing windowes looking not onely towards the South and North for the reasons aforesaid, but also, so much as may be, towards the East, because the sunne in the beginning of the day, arising vpon them, doth excellently clarifie, and purge the aire of them, and is all the day after better exposed to the most wholesome blasts of the East winde. But heere aduertisement must be giuen, that the Easterne windowes or casements,

What place
for habitation
is best.

be

be not set open, before the Sunne hath somewhat purged the aire, and dissipated the clouds, especially in moyst seasons: for the morning aire, by reason of the coldnesse and moylsture of the night, is grosse and impure, very hurtfull to them that haue weake braines, & subiect vnto rheumes, vntill it be illustrated by the presence of the Sunne, and purified by his heat and splendor.

And heere I would not, that the Reader should so conceiue me, as that I iudge the West-winde, to be at no time wholsome: verily, I thinke nothing lesse, for it is sometimes wholsome enough, as if in the time of its blowing, the aire be bright and cleare, especially if it blow in the declining of the day, and the beginning of the night: for then it is the purer and lesse grosse, by reason of the presence of the Sunne in the west part, which attenuateth the blasts of it. Wherefore I doe conclude, that in an house, to the end it may be perflable, it is expedient to haue windowes on euery side, which may, *ad placitum*, bee opened and shut vp againe.

Why are those that inhabit eminent places in a free and open aire, of a more long and healthy life, and also of a more acute, generous, and magnificent minds, then those that inhabit crooked, lowe, and marish places.

THIS question consisteth of two parts: the reason of the first is, because the aire in eminent and open places, both by reason of the continuall motion of it, as also of the firme solidity of the earth, is more subtile and pure, whereby it commeth to passe, that the inhabitants, are euen to extreame old age, seene to enioy very good and perfect health.

But in crooked, lowe, and marish places, for such verily are the spirits, as is the aire which is inspirated: the Inhabitants are sickly, and haue turbid and obfuscated spirits, by reason of the grossnesse and impurity of the aire. For, impure, grosse, and intemperate aire doth corrupt the spirits
and

and humours : from whence proceede infinite diseases, and vntimely olde age. Therefore eminent Regions, because they are with pure windes freely perflated, are more healthy, then low and marish places, and in them men liue not onely more healthfully, but also longer, and from hence it was, that *Plato* wrote, that he euer found the longest liuers in high and temperate Regions.

Therefore hee that desireth to liue a long and healthy life, must dwell in an eminent and champion country, or at least, in a place that is free from muddie and waterish impurities: for it is impossible, that a man should liue long and healthily in a place, where the spirits are with impure aire daily affected. Wherefore I counsell them, that wish to enioy true health, and a firme state of body, to take speciall care that they liue not in waterish places, or in a grosse, corrupt, and filthy aire, or otherwise subiect to vaporous blasts, which annoy the spirits, breede rheumes, and are very pernicious to the lungs.

Now the reason of the second is euident, by that which hath beene shewed concerning the former: for those that liue in eminent and champion countries, by reason of the tenuitie, puritie, and wholsomnesse of the ayre in such places, haue cleare, pure, and subtill spirits, from whence it commeth, that they are witty, nimble, magnanimous, & *alta petentes*. But the contrary is scene in lowe and marish places, for there, the Inhabitants, by reason of the euilnesse of the aire, haue grosse and earthy spirits, whereof it is, that they are for the most part men, *humum tantum sapientes*, dull, sluggish, sordid, sensuall, plainly irreligious, or perhaps some of them, which is a little worse, religious in shew, externall honest men, deceitfull, malicious, disdainfull. Wherefore, seeing that the diuersity of spirits, and differences of wits and manners, doe so much proceede from the condition and nature of the aire, I doe here againe aduertise all such as are ingenious, generous, and desirous of perfection, both in minde and body, that they endeavour by all meanes, to liue in a pure and healthy aire, and so seldomly;

* For some haue their natures rectified by education.

seldomly as may be, frequent places, where the aire is wont to be infected with vaporous impurities.

Whether fountaine water, in goodnesse and wholsomnesse, excell other waters?

That water is esteemed to be the best and wholsomest, which is most cleare and thin, pure in taste and smell, altogether cleane from any impure, terrene, or other dreggy mixture. And such is, before all other, fountaine water, if it rise in a pure, high, and open place, and that against the East, for then it is the better depurated with the morning Sunne, and pure orientall windes. Of fountaine waters, those that rise against the North, because they haue not the radiant aspect of the Sunne, which purifieth the waters, are least commendable, for they are not easily concocted, they weaken the stomacke, and cause fluctuations, and flatuosenesse in the body. But there are some fountaine waters, not to be allowed for alimentary vses, and such are those, which rise from sulphurous, bituminous, or metalline places, or which are carried thorow like veines of the earth, because they receiue an vnpleasent sauer and smell, and also an euill qualitie from those things that they issue from, or runne thorow.

Next vnto fountaine water in goodnesse, is raine-water, so it fall not in a boysterous or troublesome aire; for the Sunne, from all waters and humid places, draweth vp the thinner and purer portion resolu'd into vapours, which is the matter of raine to come. Notwithstanding, the goodnesse thereof doth alter according to the diuers parts of the yeare; for that is the best, which falleth from the middle of the Spring, to the middle of Autumne, because in those seasons, the aire is for the most part pure, seldomely corrupted with noysome vapours, which defile the raine-waters. And there are some, to whose opinion a man may easily, without errour subscribe, which thinke, that such raine-water is not inferiour in goodnesse to fountaine water.

Raine-water altereth in goodnesse, according to the times of the yeere.

water. But the waters which fall with great tempests of winds, haile, thunder, and lightnings, are, by reason of many confused vapors and exhalations collected in the aire, impurer, and therefore not so wel to be approoued for the health of mans body.

Riuer-water hath the third place of goodnes, both by Riuer-water. reason of the action of the Sun vpon it, as also because that by motion, it becommeth thinner, except it be polluted by the mixture of other things, as it commeth to passe in Riuer, that runne thorow marish places, or neere vnto populous Townes or Cities: for then, by reason of all manner of filth running, or cast into them, they become very corrupt and vnwholsome. Therefore where the Inhabitants through the want of most wholsome fountaines, are constrained to make vse of riuer water, let them take especiall care, lest insteede of that which is wholsome, they take that which is corrupt and very offensiuē to the health of their bodies: Wherefore let them make choyse of that Riuer-water, which is not subiect to the aforesaid hurts; but runneth with a full streame vpon grauell, pebble-stones, rockes, or pure earth: for that water, by reason of the purity of the place, motion, and radiant splendor of the Sun, is thinner, sweeter, and therefore more pure, and wholsomer, and in my opinion, it is doubtfull, whether fountaine waters surpasse in goodnesse such riuer-waters. But if the riuer-waters shall not be cleere, but slimie and muddie, and the same, for want of better waters, necessarily vsed, as in many low and marish places, then let them be kept so long in some vessell, till that the grosse part rest and settle in the bottome, for by this meanes, the thin and purer part of the water may be taken and vsed, and the grosser cast away.

Well-water is iudged interiour to the former, in purity Well-water. and wholsomnesse, not onely because it is void of motion, but also because it is not illustrated of the Sun; notwithstanding, if the Well be digged in pure earth, and the mouth open to the aire, nor shut vp in a darke obscure place, not beset with a filthy bottome, but a pure, grauely,

Pumpe and
Cisterne wa-
ters.

Waters car-
ried thorow
pipes of lead.

Standing wa-
ters.

Waters neere
the sea-shores.

or rocky, then the water, especially if it be often drawn, is very good and wholesome.

And here vnderstand, that the waters that are drawn thorow pumps, because they are shut vp from the aire, are worse then other Well-waters, for they more quickly putrifie, and acquire an ill quality. The like may be said of Cisterne-waters. Neither are the waters which are carried thorow pipes of lead, so wholesome as they are supposed to be, not onely because they are shut vp from the aire, but also because they are thought to acquire an vnwholsome quality from the lead: they are troublesome to the stomacke, and ponderous to all the bowels; but these hurts in their boyling, are well remooued.

All standing waters, as of pooles, motes, and of pits, which in low and marsh places, are very vsuall, are most vnwholsome, and altogether (as pestiferous) to be auoyded and eschewed, for in that they are standing, or creeping with a very slow pace, the parching heate of the Sun often working vpon them, doth more mightily pierce to the bottome, and so leauing the grosser part, draweth vp the thinner, whereby it commeth to passe, that the waters appeare muddy, and of a leadish colour, corrupted both in smell and taste. Waters that are taken neere vnto the Sea-shores, or armes of the same, are for the most part corrupt, and of a stinking smell, and vnpleasant saour, and therefore naught and vnwholsome for mans body.

*Whether Snow waters be in goodnesse matchable
to Riner water?*

NO, and the reason is, because that while the Snow is ingendred, the thinner part of the matter, is (as it were) pressed forth of the cold, and conuerted into clowds, the grosser part remaineth, and is turned into snow: wherof it commeth, that snow-waters are grosse and ouer-cold, and therefore hurtful to mans body; for they cause rheumes, and greatly hurt the sinewes. Moreouer, they breed spleeticke passions, by causing the spleene to grow great, they confound

confound the breast and liuer, cause althma's, and fill the stomach with flatuous crudities: wherefore the vse thereof, especially in elder yeeres, doth vndoubtedly induce extiall affects to the sinewes, ioynts and bowels. But snow-water is, of some in these dayes, greatly esteemed of, to coole and extinguish thirst. Perhaps, in hot Countries, and in hot seasons, it may be for some bodies agreeable; but in our Northerne Countries, it is at no hand to be allowed, except to such as are impensiuely hot; for it is onely profitable to a stomacke that estuateth with heat.

Whether in waters that are naturally warme, which wee call hot Bathes, is be healthfull for healthy men to bathe?

VVaters naturally hot, and of a medicinable faculty, such as are our famous bathes of *Bathe*, are of singular force, not onely against diseases gotten by cold, or proceeding from a cold and moyst cause, but also bring in time of health, exceeding comfort and profit, to all cold, moyst, and corpulent bodies: for they open the pores, resolute, attenuate, digest, consume, and draw forth superfluities, and withall, strongly heat and dry the whole habit of the body. They are of excellent efficacy against all diseases of the head and sinewes, proceeding of a cold and moyst cause, or of a cold onely, or moyst only, as rheumes, palties, epilepsies, lethargies, apoplexies, cramps, deafnesse, forgetfulnesse, trembling, or weakenesse of any member, aches and swellings of the ioynts, &c. They also greatly profit windy and hydropicke bodies, the paine and swelling of any part of the body, so that it proceede not from an hot cause, the sluggish & lumpish heavinesse of the body, numnesse of any member, paine in the loynes, the gout, especially the Sciatica, cold tumors of the milt and liuer, the yellow Iaudice in a body plethoricke or phlegmaticke. They are also very profitable for them that haue their lungs annoyed with much moisture, because they consume and drie vp that moisture: and to make slender such bodies as are too grosse, there is nothing more

effectuall then the often vse of these waters. Wherefore let those that feare obesity, that is, would not waxe grosse, be carefull to come often to our Bathes: for by the often vse of them, according as the learned Physitian shall direct, they may not onely preserue their health, but also keepe their bodies from being vnseemingly corpulent. They are also singularly profitable to women, for they helpe them of barrennesse, and of all diseases and imperfections of the matrice, proceeding of a cold and moyst cause. They also cure all diseases of the skinne, as scabs, itch, old sores, &c. All which to be true, we daily finde with admiration to the exceeding great comfort of many, who with deplored diseases, and most miserable bodies resort to our Baths in *Bathe*, and are there, by the helpe of wholesome physicke and vertue of the Baths, through the blessing of Almighty God, recovered to their former health.

Hot Bathes
hurtfull to hot
and dry bo-
dies.

But hot bathes, to bodies naturally hot and dry, are generally hurtfull, and so much the more, as the body is dryer and the Bathe hotter, because it distempereth and consumeth the very habit of the body, and maketh it carraine-like leane. Wherefore seeing that naturall Bathes are not indifferently agreeable to euery constitution, I doe aduise that not any one goe into them rashly, or vpon a preposterous iudgement, but that he be first aduised by some faithfull, iudicious and expert Physitian, and to him expose the state of his body, whereby hee may vnderstand, whether or no it may be expedient for him to attempt the same. And whereas in *Bathe* there are diuers Bathes, and they differing in their heate, he must also from the learned Physitian be directed in which to bathe; neither must hee onely vnderstand which Bathe to vse, as most conuenient for his present state of body, but also when and how often to vse the same. Besides this, he must (according as his state of body shall require) be purged before he enter into the bathe, and be also directed in other things how to order himselfe, before he goe into the Bathe, while hee is in the bathe, and after that he is come out of the bathe, and when hee leaueth the bathe. And must also, in the intermitting times

times of bathing and sweating, take such physicke as his disease and present state of body shall require. The neglect of all these, or of some of them, either through ignorance or voluntary wilfulnesse, may be the cause that some that take great paines to come to the bathes, are not by them healed of their infirmities, but oftentimes neuer returne to their homes againe; or if they doe, it is most commonly with new diseases, and the olde worse then euer they were: Whereas many of a generous and religious vnderstanding, vsing the true helps of physicke with the bathes, are of their diseases perfectly cured. And here I exhort the Physicians, in regard that the Bathes, which proceed from Sulphur, or from it, take their chiefeft vertue and strength (as our Bathes in *Bathe* doe) doe weaken and subuert the stomacke, especially of some bodies, that they haue an honest care to corroborate the same by such meanes as shall be best fitting for the present estate of the body. Here also I aduertise such as in the declining or fall of the year, which wee call the Autumne, shall for the health of their bodies repaire to our Bathes, that they deferre not their comming till the middle of September or after, as many ignorantly doe; but that they rather be there by the end of August, that they may haue the commoditie of the Bathes before the aire grow to be too cold for bathing in hot Bathes, as commonly it is in October, especially toward the end thereof: for if they shall make vse of the Bathes when the aire is cold and moist, or very inclinable thereunto, they shall receiue (the pores of the body being open by reason of the efficacy of the Bathe) farre greater hurt then commodity. But perhaps some out of an ignorant timorousnes will object, that to come to the Bathes at the end of August is too soone vpon the Dogge-dayes. Herein they are more scrupulous, then iudicious; but to yeeld them satisfaction, I answer, besides the alteration of seasons from their ancient temperature, in this decrepit age of the world, that though the middle part of the day, about the beginning of September, shall be hot; yet the mornings and euenings, which are the times for bathing, are

rather cold or declining to a temperature, and the heat of the day following vpon bathing, is that which we specially respect for the health of our Patients, for whom wee approue the vse of the Bathes. And verily, whosoeuer shall but consider the great variableness, and inconstant disposition of the Spring, from its ancient temperature, especially of later yeares, must (in my opinion) confesse, that the moneth of September is most commonly, in regard of the disposition of the aire, so fit for bathing in hot Bathes, as any in the Spring. Wherefore such as for the health of their bodies repaire to our Bathes, shall, if they be there by the end of August, receiue a double commoditie: For first, they shall haue the whole moneth of September very conuenient for bathing, and physicke also, as shall be occasion, yea, and part of October, as the disposition of the aire shall permit: next, sufficient time for their returne to their homes, before the aire grow too cold, or the weather distempered: for to expose their bodies to trauell in foule and intemperate weather, vpon the vse of the Bathes, induceth, (the pores being open) besides feuerous distemperatures and ventosities, oftentimes very great and dolorous affects of the braine, breast, sinewes, and ioynts. And here also I cannot but reprehend the error of most people, that after the moneth of May, I know not out of what preiudicate opinion, altogether refraine to come to our Baths, whereas in very deed, they may all the moneth of Iune be as profitably vsed, as in any of the former moneths; yea, most commonly in regard of the variable disposition of the former moneths, and constant temperature of this, with farre better successe. Thus much I thought fitting to aduise concerning the vse of our Bathes, and the rather that such as preposterously vse them, may not erroneously detract from the admirable vertues of them.

Now I will in one thing giue my aduise to the Gouernors of the place, in which I shall nothing doubt of their vnanimous assent, as also of the approbation of all truly generous and religious Gentlemen and Gentlewomen, that shall for the health of their bodies resort thither, which

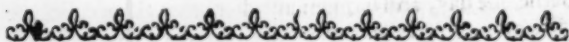
The Bathes of
Batlie are so
good to be vsed
in Iune, as in
any other time
of the yeare,
and common-
ly with better
successe.

which is, that the immodest custome of men and women promiscuously at one time going into the Bathes, may be reformed, which (in my iudgement) may with no lesse fitnessse, then decency easily be effected. For whereas there are foure publique Bathes for strangers to bathe in, (of which the Kings Bathe is the hottest, and it is for largeness and efficacy a kingly Bathe indeed : next vnto it for efficacy of heate is the hot Bathe, and the Bathe that is adioyning to the Kings Bathe, now called the *Queenes Bathe* : these two Bathes are neere of one temperature. The Crosse Bathe is for heat the mildest ; it is very temperately warme: the vse of this Bathemay, by the aduise of a discreete Physition, sometimes be very profitably admitted euen to hot and dry bodies,) I would ; that men onely vse the Kings Bathe one day, and women another, that all occasion of offence might thereby bee remoued : and because the Crosse Bathe, and Hot Bathe are neere together, I would that the day that men vse the Crosse Bathe, women vse the Hot Bathe, and the day that women vse the Crosse Bathe, men vse the Hot Bathe ; which order may be likewise obserued in the vse of the Kings Bathe, and of the other adioyning to it. For by this meanes such as please, or rather shall be so aduised by their Physition, may without all offence, vse one Bath or another euery day.

But perhaps some will object against mee, that they came farre, and with great expence to seeke their health at the Bathes, and therefore that I doe them great wrong to seeke to barre them of the vse of the Kings Bathe euery second day.

To whom I answer, that not the immoderate and preposterous vse of the Bathes, (for that is pernicious) but the tempestiue and moderate vse of them doth acquire their health : for to vse the Kings Bathe oftner then euery second day, and to sweat 2. or 3. houres vpon the bathing, as shall by the aduise of the learned Physition be thought meete, for the particular state and constitution of the body, besides other fitting courses of physicke, is more, if you rightly weigh the great heat and efficacy of the Bathe, then

then in any state or constitution of body can be well allowed, except perhaps in a few, that shall be of a very cold and moist temperature, for whom there may be a toleration. Now by that which I haue written of our Bathes of *Bathe*, it may plainly vnto all men appeare, of what excellent efficacy they are, if they be rightly and iudiciously vsed: and seeing that in the true vse of them, there are many things, as I haue partly before touched, to be considered; I doe therefore againe aduise all such as are respectiue of their health, that they enterprise not the vse of them without the counsell of some honest and learned Physitian; which if they doe, the *incommodum* may be *maius commodum*. And so I conclude this Introduction.



OF THE DIVERS kinde of Bread.

SECT. I.

Whether Bread that is made of the middle and purest part of the meale not separated, be the best and wholsomest?



Mong the things which serue for meate, I may with very good right giue the first place vnto Bread, for it is the simplest nourishment, and to our nature very familiar: if it bee well made and prepared, the nourishment which it yeeldeth is very substantiall and exceeding good. But the vertue and goodnesse of the bread is to be taken from the nature of the graine, and manner of preparation. Concerning the preparation, I will onely touch it a little hereafter, where I will shew the properties, that ought to be in the best and wholsomest bread. And whereas there are diuers sorts of graine wherewith

wherewith bread may be made, yet we most chiefly vse three, Wheat, Rie, and Barley, for we neuer vse Beanes, or Oates, except in a very great scarcity of the former. For Bread made of Beanes is very drie, by reason whereof it is brittle, vnpleasant, and hard to digest; it can in no wise be wholesome, for it filleth the body full of winde, and is voide of any good alimentall iuyce. Of Oates in Wales, and some of the Northerne shires of *England*, they make bread, especially in manner of Cakes, which kinde of bread is of light digestion, but windy, and yeeldeth a weake nourishment to the body: while it is new, it is meetly pleasant, but after a few dayes it waxeth dry and vnsauoury: it is a bread of light nourishment, and (in my opinion) not agreeable for men, especially for such as haue not beene from their youth accustomed thereunto. But these and the like sorts of bread, I separate from this Treatise, both because that in regard of our great plenty of Wheate, Rie, and Barley, it is lawfull euen for our poore people to make of them, or of the mingling of them, bread abundantly; as also, because that other sorts of bread are with vs growne out of vse, wherefore of these onely will I entreat. Of these three, the Bread which is made of Wheat is by reason of its moderate temperature, the best and worthiest of praise, for it is easily digested, and very strongly nourisheth the body; but it is purer or impurer, according to the finenesse or coarsenesse of the flower whereof it is made. For of the meale there are foure parts: *Pollen*, *Simila*, *Secundarium*, and *Furfures*.

Bread of
Beanes and
Oates.

Pollen is the purest part of the meale, that is, the finest part of the flower; of this is made the whitest and purest bread; very profitable for thin, weake, loose, and extenuated bodiles; But not so commendable for those that are healthy and strong, and therefore if any such vse it, they are more curious then iudicious.

Simila is that part of the meale, which is the meane betweene the finest part of the flower and the coarsest, which is called *Secundarium*; of this, together with the finest part of the flower is made the wholesomest and best nourishing

D

bread,

bread, and it is in greatest use among the better sort of people.

Second Bread. *Secundarium* is that part of the meale, whereof yeoman-bread is made, which some call second bread. This bread because it hath in it the finer part of the bran, doth not giue to the body so great nor so good nourishment as the former; but it quickly descendeth from the stomacke, and maketh the body soluble, and therefore sometimes good for such as are wont to be costive, and if a quantity of Rie flower be added to it, there will be made of them both an yeoman-bread, for strong and healthy bodies very convenient.

Browne Bread.

Bread made onely of the branny part of the meale, which the poorest sort of people use, especially in time of dearth and necessity, giueth a very bad and excrementall nourishment to the body: it is well called *panis canicularis*, because it is more fit for dogs then for men. But if the grossest part of the bran be separated by a Searce, and Rie flower, or else Barley flower and Rie flower together be added to that which is sifted from the grossest bran, there will be made a browne household bread agreeable enough for labourers. Sometimes onely the grosser part of the bran is by a Searce separated from the meale, and a bread made of that which is sifted, called in some places, *One way bread*, wholesome enough, and with some in very familiar use: it nourisheth lesse then that which is made of purer flower; but by reason of some part of the bran which is contained in it, it doth sooner descend and moue the belly, for there is a kinde of abstersiue faculty in the bran: wherefore, for those that are healthy, and yet subiect to costiuenesse, and also for such as would not waxe grosse, it is most profitable.

One way Bread.

Panis confusus

In time of scarcity of Corne, bread is also wont to be made of the whole meale, from which the bran is not separated, and it is well called *panis confusus*, because all the meale, no part thereof being by sifting taken away, goeth into the making of the bread: this bread speedily descendeth, and yet it is troublesome to the stomacke, and filtheth the belly with excrements.

Bread

Bread made of Rie is in wholsomnesse much inferiour Rie Bread.
 to that which is made of Wheat: it is cold, heavy, and hard
 to digest, and by reason of the massiueneffe thereof, very
 burdensome to the stomacke. It breedeth a clammy,
 tough, and melancholicke iuyce; it is most meete for ru-
 sticke labourers, for such by reason of their great trauaile,
 haue commonly very strong stomackes. Rie in diuers pla-
 ces is mixed with Wheate, and a kinde of bread made of
 them, called *Messeling-bread*, which is wholsomer then Messeling
 that which is made of Rie, for it is lesse obstructiue, nou- Bread.
 risheth better, and lesse filleth the body with excre-
 ments.

Some vse to make bread, especially in the times of scar-
 city, of Rie and Barley mixed together; but this kinde of
 bread is more excrementall then the former, yet better
 then that which is onely made of Barley: for Barley bread
 is lesse nourishing then Rie bread; it is cold and dry, hard Barley Bread.
 of concoction, and breedeth not a tough iuyce, but rather
 somewhat clensing, and therefore it hath speedier distribu-
 tion through the body, then Rie bread hath; but it giueth
 a dry and excrementall nourishment to the body; filleth it
 with winde, and greatly hurteth the stomacke.

*How many properties ought there to be in the best and
 wholsomest Bread?*

S Eauen: The first is that it be made of the best Whear;
 for according to the difference of the Wheat, is the
 goodnes or badnes of the bread. That wheat is best which
 is of yellow colour, of a close and compacted substance,
 cleane, weighty, and so hard, that it will not easily be bro-
 ken betweene the teeth: contrary to this is that which is
 of a lax and open substance, such as is commonly growen
 in low and vliginous places. And if Wheat that hath all
 the afore said properties cannot conueniently be had, yet
 let it bee such as is of an hard compacted substance, and
 weighty: for it is generally to be obserued in euery kinde
 of wheat, that the better and wholsomer bread is alwayes

- made of the weightier and more compacted Wheat; and the worse of that which is more light and open.
2. The second property is, that it be fitly leavened; for the leaven causeth the bread to be of thin parts; by reason whereof, it is more easily digested, and breedeth better humors. But the leaven must be fitly proportioned; because common experience proueth it in mens stomachs; that bread much leavened is of heavy digestion, and of no commendable nourishment. All the ancient Physicians deemed unleavened bread to be very unwholsome, because it is of hard digestion, and breedeth obstructive humors. Howbeit we daily proue that no bread is lighter of digestion, or giuerth better nourishment to the body, then our manchet, which is made of fine flower of wheat, hauing in it no leaven; but in steede thereof a little barne. But by this I reiect not the vse of leauen, to the making either of manchet bread or of greater loaves, as a thing very profitable and good; but I leaue it as a thing indifferent, and euery good house-wife to her owne custome herein; onely I aduertise, that the leauen and barne be fitly proportioned. And by the former rule of the ancient Physicians, all sorts of Cakes, Simnels, Wafers, Fritters, Pancakes, and such like, are to be reiected, if they bee not well corrected with some other good ingredients.
3. The third property is, that it be temperately seasoned with salt; for bread over-sweet is of hard digestion, and breedeth obstructive humors; and bread over-salt is a dryer, and breedeth adust and melancholicke humors. But that which consisteth in a meane betweene both, is pleasant to the taste, and more acceptable to the stomacke.
4. The fourth property is, that it be light, and somewhat open, and such, although it be great in thew, yet it is of small weight; and therefore easily digested, and easily distributed from the stomacke.
5. The fifth property is, that it be very well wrought and laboured with the hands & brake, and not over-liquored, as many negligent and slothfull seruants oftentimes doe,

to saue that labour; for then it is heauy to the stomacke, and breedeth clammy and naughey iuyce.

The sixt property is, that it be well baked; for bread that is ill baked, whether too much or too little, is of ill digestion, of ill distribution, and therefore very troublesome to the stomacke.

The last property is, that it be not eaten ouer new, as while it is hot, nor when it is stale or growne dry. It must not be eaten hot, because it will fluctuate in the stomacke, slowly descend, oppilate, and abundantly breed winde in the bowels, by reason of a vaporous humidity that is in it while it is hot, which in cooling euaporateth: and because it fumeth vpward, it causeth drowlinesse; confoundeth the senses, and very greatly hurteth the braine it selfe. Wherefore bread while it is hot, although it be to some mens palats very pleasant and acceptable, yet it is to the body vnprofitable, because it breedeth flagulent and obstructiue humors. In like manner, bread that is stale and growne dry, because it hath lost his naturall temperature, is vnprofitable; for it is hardly digested, and yeeldeth little nourishment, and the same not good, but melancholicke. Wherefore it followeth, that the bread ought not to be too olde, nor too new: and to auoyde all the aforesaid discommodities, I hold, that the bread ought to be kept the space of 24. houres, or at least one night in some cold place after the baking, before it be eaten, and also that it be not about two or three daies olde in the summer, especially if it be made in the forme of manchet or smaller loaves; nor about foure or fise daies olde in the Winter; for by how much more it is dried and indurated, by so much the worse it nourisheth, and is of harder concoction.

Whether Bisket-bread yeeld to the bodie any profitable nourishment.

BIsket-bread is onely profitable for the phlegmaticke, and them that haue crude and moist stomackes, and that desire to grow leane, because it is a very great dryer;

and therefore let such as are cholericke and melancholicke beware how they vse it. The like may be said of the crust of bread; for it is also very hardly digested, and breedeth choler adust, and melancholicke humors. Wherefore let the vtmost and harder part of the crust be chipped away, of which let such as are by nature cholericke and melancholicke haue speciall care. But it is good for the phlegmaticke, and for such as haue ouer-moist stomackes, and yet healrhy, and desirous to growe leane, to eat crusts after meate, the very superficiall and burnt part of them only chipped away, because they presse downe the meate, and strengthen the mouth of the stomacke, by drying vp the superfluous moillture of it.



OF THE DIVERS kinde of Drinke.

SECT. II.

Whether it be wholesome for Northerne people, that inhabite colde countries, to drinke water at their meales, in stead of Beere?



Although Water be the most ancient drinke, and to those that inhabite hot Countries profitable and familiar, by reason of the parching heate of the ambient aire, which doth exceedingly heate, inflame, and dry their bodies; yet to such as inhabite colde countries, and specially not accustomed thereunto, nor the constitution impensiuely hot, requiring and forcing the same, it is by the contrary, in no wise agreeable: for it doth very greatly deiect their appetite, destroy the naturall heat, and ouerthrow the strength of the stomacke, and consequently, confounding the concoction, is the cause of crudities, fluctuatione, and windinesse in the body.

What

What in generall are the commodities of Wine?

MAny and singular are the commodities of Wine: for it is of it selfe, the most pleasant liquor of all other, and was made from the beginning to exhilarate the heart of man. It is a great encreaser of the vitall spirits, and a wonderfull restorer of all powers and actions of the body: it very greatly helpeth concoction, distribution, and nutrition, mightily strengtheneth the naturall heat, openeth obstructions, discusseth windinesse, taketh away sadnesse, and other hurts of melancholy, induceth boldnesse and pleasant behauiour, sharpeneth the wit, abundantly reuiueeth feeble spirits, excellently amendeth the coldnesse of old age, and correcteth the tetrick qualities which that age is subiect vnto; and to speake all in a word, it maketh a man more couragious and liuely, both in minde and body. These are in generall the commodities of wine, which are so to be vnderstood, as that a meane and frugality be had in the vse of it, not intemperancy and drunkennes; otherwise what can be more hurtfull then wine, seeing that the same immoderately taken, destroyeth the life and prosperous health, disturbeth the reason, dulleth the vnderstanding, confoundeth the memorie, causeth the lethargie, pallie, trembling of the hands, and a generall weaknesse of the sinewes. Wherefore let wine be moderately vsed, that neither distillation, nor inflammation, nor exiccation, or drunkennesse follow; for if it be taken beyond measure, it will not be a remedy and comfort for the strength, but rather a poyson and vtter ouerthrow. But seeing that there are diuers sorts of wine, and the same not indifferently agreeable to euery age and constitution, I will therefore (that euery man may make choyse of those wines that are best agreeable for him) speake of the particular differences of them, according to their seuerall qualities, especially of such wines, as with vs are most vsuall.

The discom-
modities of
Wine immo-
derately taken.

White-wine and Renish-wine, doe least of all wines
heat and nourish the body, they consist of a thin and pene-
trating White-wine
and Renish-
wine.

* A little sugar may be also added thereto, as is hereafter shewed; but it is more medicinal, in regard of the penetrative faculty of it, if it be taken without sugar.

White and Rhenish-wines, whether good to be taken with meat, or after meales

trating substance, wherefore they are quickly concocted, and very speedily distributed into all parts of the body, and therefore they lesse annoy the head, then any other wine. They cut and attenuate grosse humors, prouoke vrine, and cleanse the blood by the reines. They moisten the body, and cause sleepe, mitigate the paines of the head, proceeding from a great heat of the stomacke, but especially the Rhenish-wine. They are most accomodate for those that are young, for hot constitutions, for hot countries, and for the hot times of the yeare, and for those that would be leane and slender: They are lesse hurtfull, for such as are feurorous, then other wines are; but being well mixed with water, they are very profitable for all hot distemperatures. It is very expedient to drinke White-wine, or Rhenish-wine in the morning fasting, and also a little before Dinner and Supper, with a Lymon * macerated therein, and the iuyce pressed forth, especially for them that haue hot and dry stomackes, or are subiect to obstructions of the stomacke, of the mesaraicke veines, of the liuer, and of the reines: for it greatly refresheth a hot and dry stomacke, stirreth vp the appetite, cleanseth away the slimy superfluities of the stomacke, mesaraicke veines, and other obstructiue matter in the passages, by way of vrine. But it is very hurtfull to drinke White-wine or Rhenish-wine with meat, or at the meales, or presently after meale; except for such as are affected with too much striction of the stomacke, because they deturbe the meats from the stomacke, before they are concocted, and so cause them to passe crude and indigested, whereby it commeth to passe, that the whole body doth greatly abound with stercous crudities.

White and Rhenish wines are very pernicious for such as are rheumaticke, and subiect to fluxion of humors into the ioynts, or other parts of the body, and therefore let such very carefully eschew the vse of them.

Claret-wine.

Claret-wine is very neere of a temperate nature, and somewhat of an astringent faculty, as the fauour of it doth plainly shew: it breedeth good humours, greatly strengthneth

strengtheneth the stomacke, quencheth thirst, stirreth vp the appetite, helpeth the concoction, and exhilarateth the heart, it is most profitable for them that are of an hot constitution, for young men, and for them that haue hot stomackes, which it doth excellently refresh. But it greatly offendeth them that are of a cold and moyst constitution, that abound with crude humours, and that are subiect to distillations from the braine, especially if it be taken immoderately, or not with meat: for it, being taken with excessse, or out of meale, is of all wines (in regard of the rheumaticke nature of it) the most pernicious: and therefore let such as are subiect to cold and rheumaticke diseases, beware how they vse it. But verily, it being moderately taken at meales, it is for temperate bodies, so as it be a pure and quicke wine, scarcely inferiour to any of the regall wines of *France*: and for such as are inclined vnto heat, so they are not much subiect vnto rheumes, excelleth both them, and all other: for it notably rectifieth the stomacke, and wonderfully comforteth the same, breedeth most healthfull blood, and acceptable to the heart. It is of all wines the best for cholericke bodies, and the worst for phlegmaticke.

Sacke is compleatly hot in the third degree, and of thin Sacke. parts, and therefore it doth vehemently and quickly heate the body: wherefore the much and vntimely vse of it, doth ouer-heat the liuer, inflame the blood, and exciccate the radicall humour in leane and dry bodies: wherefore to them that are young, and all such as are of an hot and dry temperature, it is greatly hurtfull. But if it be moderately taken of them, for whom it is agreable; it maketh the stomacke strong to digest, helpeth the distribution of the meats vnto all parts of the body, concocteth crude humours, and consumeth the excrementall; and to speake all in a word, it mightily strengtheneth all the powers and faculties of the body. It is most accomodate for old men, for grosse men, for stomackes that are weake, and full of cold and crude humours, and for all that are of a cold constitution, and also for cold Countries, and for the cold and

moyſt ſeaſons of the yeere. It is chiefly to be drunken after the eating of meats of groiſe ſubſtance, and ſuch as conſiſt of an excremental moyſture, as Porke, freſh-fiſh, &c.

Whether Sack
be beſt to be
taken with ſu-
gar, or with-
out?

Some affect to drinke ſacke with ſugar, and ſome without, and vpon no other ground, as I thinke, but that, as it is beſt pleaſing to their pallates. I will ſpeake what I deeme thereof, and I thinke I ſhall well ſatiſfie ſuch as are iudicious. Sacke taken by it ſelfe, is very hot and very penetratiue, being taken with ſugar, the heat is both ſomewhat allayed, and the penetratiue quality thereof alſo retarded. Wherefore let this be the conſclusion: Sacke taken by it ſelfe, without any mixture of ſugar, is beſt for them that haue cold ſtomackes, and ſubiect to the obſtructions of it, and of the meſaraicke veines. But for them that are free from ſuch obſtructions, and feare leſt that the drinking of Sacke, by reaſon of the penetratiue faculty of it, might diſtemper the liuer, it is beſt to drinke it with ſugar, and ſo I leaue euery man that vnderſtandeth his owne ſtate of body, to be his owne director herein.

Malmefey.

Malmefey is in operation very hot, and by reaſon that it is ſweet, it nourisheth very much, and therefore the vſe of it is exceeding profitable for old, cold, weake, and decayed bodies, for it mightily cheriſheth the naturall heate, and fortiſieth all the powers of the body. It is conuenient for all cold bodies; but for ſuch as are hot, it is greatly hurtfull, becauſe it is very eaſily conuerted into red choler. It killeth wormes in children, by a certaine naturall and hidden property, if they drinke it faſting.

Muskadell.

Muskadell is euen in all reſpects equall to Malmefey, and therefore if that be wanting, this may well ſupply the turne: the vſe of it is good for old and cold bodies; but very hurtfull to ſuch as are of an hot temperature.

Baſtard.

Baſtard is in vertue ſomewhat like to Muskadell, and may alſo inſteed thereof be vſed: it is in goodneſſe ſo much inferior to Muskadell, as the ſame is to Malmefey, the vſe thereof is likewise hurtfull to young and hot bodies.

Canarie-wine.

Canarie-wine, which beareth the name of the Ilands from whence it is brought, is of ſome termed a Sacke, with
this

this adiunct *sweete*, but yet very improperly, for it differeth not onely from Sacke, in sweetnesse and pleasantnesse of taste, but also in colour and consistence, for it is not so white in colour as Sacke, nor so thin in substance, wherefore it is more nutritiue then Sacke, and lesse penetratiue. It is best agreeable to cold constitutions, & for old bodies, so that they be not too impensiuely cholericke, for it is a wine that will quickly enflame, and therefore very hurtfull vnto hot and cholerick bodies, especially if they be young.

Tent is a grosse nutritiue wine, and is very quickly concocted into blood, but the same is oppilatiue, and therefore it is very hurtfull for such as are subiect to obstructions. It is fit for them that are extenuated and weake, and stand in neede of much nourishment, and the same somewhat astringent.

Greeke wine, which is of a blackish red colour, is of a *Greeke wine.* very temperate nature, hotter then Claret, and sweeter, yet with some pleasing sharpnesse adioyning, it breedeth very good blood, reuiuerh the spirits, comforteth the stomacke and liuer, and exceedingly cheereth and strengtheneth the heart. For aged people, and all such as are naturally of a weake state of body, it is most profitable.

Wine of Orleance is stronger then any other French *Wine of Orleance.* wine, and very pleasant withall in taste: it is for goodnesse scarcely, or not at all, inferiour to Muscadell: It is hurtfull to the cholerick, and all such as haue hot liuers and weake braines, for it doth quickly ouer-heat the liuer, and assault the head. But for other bodies, especially if they encline to a cold constitution, and for cold and weake stomackes, there is not a better wine, if there be so good. For it doth not onely comfort the stomacke, helpe the concoction, and viuifie the spirits, by reason of a generous heat in it, but also furthereth the distribution of the meats, and consequently a good nutrition through the mediocrity of its substance. It is very hurtfull to them that are young, and that are of an hot and cholericke temperature; but to the aged and phlegmaticke very profitable.

There are also other French wines (would to God they

Vin de Couffy,
and *d' Hai,*
Regall wines.

were so common as Claret) which for pleasantness of taste, mediocrity of colour, substance and strength, doe for most bodies, for ordinary vse with meates, far excell other wines: such are chiefly *Vin de Couffy*, and *d' Hai*, which to the Kings and Peeres of France are in very familiar vse. They notably comfort the stomacke, help the concoction and distribution of the meates, and offend not the head with vaporous fumes. They are Regall Wines indeede, and very conuenient for euery season, age, and constitution, so they might be had.

Red wine.

Red wine is of an austere sharpe taste, of an astringent faculty, and therefore onely good for physicke vses, to stop cholericke vomitings, and fluxes of the belly. There are also other sorts of wines, altering according to the diuers nature of the vine, soyle and ayre, whose differences may by their colour, taste and consistence, easily be discerned. And here I would haue you generally to obserue in the vse of wines, that those wines, which are more milde, temperate, and least assaunting the head, are more wholsome for the body: and those more hurtfull, that are strong, acute and vaporous, especially if there be not a meane in the vse of them, and a respect also of the age, complexion, and time of the yeere.

Wines differ
in goodnesse
according to
their age.

Moreover, it is to be vnderstood, that wines differ very much, according to their age: for wines that are new, are vnwholsome, and the more new, the more vnwholsome, for they haue in them little heate, and consist of a grosse and excrementall substance, wherefore they doe not help, but much hinder the concoction and distribution, cause fluctuations in the body, and cholicke-torments, and abundantly breede obstructions of the liuer, milt and reines. But their superfluous and excrementall moysture is, in proceffe of time, concocted and ouercome of the heat, and then they become more hot, more pure, and much more wholsome.

Why all wines
haue not the
same time of
continuance.

And here it is to be obserued, that all wines haue not the same time of continuance, for there are some, which by reason of the weakenesse of their heat, cannot long be kept,

kept, as White-wine, Rhenish-wine, and Claret; for these, and such like, doe in six or seauen moneths, or within, according to the finalnesse of them, attaine vnto the height of their goodnesse; and after a yeare, doe beginne to decline, and lose much of their goodnesse, especially the smaller sort of them. But the stronger sorts of wines, as Sacke, Muscadell, Malinesey, &c. are best, when they are two or three yeares olde: for these, by reason of their strong heat, doe a long time reserue their perfect vigour. And as these wines, being too new, are vnwholsome, so bee they also, if they be too olde, as when they haue passed foure or five yeares, because they heat beyond measure; for the older they grow the more heat they acquire, and in proceesse of time the siccity of them is correspondent to their heat. Wherefore such wines, are rather meere to be reputed among medicaments, then aliments, because they haue a farre greater faculty of altering the body vnto heat and siccity, then they haue of nourishing. The vse of them, especially if it be often, is hurtfull to the sinewes, and an enemy to procreation, because they dry vp the geniture, perturb the vnderstanding, and by reason of their tart and vehement fumes, affect the membranes of the braine with a cruell pungitiue paine. They are only, in the way of physicke, good for weake and moyst bodies, that are decayed of their naturall heat. Wherefore wines that are ouer olde, or too new, are to be eschewed; for those doe too much heat, and these doe nothing at all, so long as they be new, and are so farre away from helping the concoction, as that euen themselues are with difficulty digested. It remaineth therefore, that neither the wine which is too new, nor that which is too olde, but that which is a meane betweene both, to be the most wholsome.

Wines too
olde are very
hurtfull.

But whereas it hath beene said before, that new wines breed obstructions, it is not so generally to be taken, as that all new wines doe breed obstructions; but that is to be vnderstood of the most of sweeter wines, which haue in them no mixture of nitrous or biting lees, for such verily doe breed grosse, flatous, and obstructiue humors. But

Whether all
new wines doe
breed obstru-
ctions.

What new
wines not perfectly depu-
rated, may with-
out hurt be
drunken, and
of what bo-
dies?

those wines, of which sort are White and Rhenish-wines that haue in them any mixture of nitrous lees, are so farre off, from breeding obstructions, as that nothing can be more contrary to their nature, because they prouoke vrine, and strongly moue to stooles, which they performe especially through the acrimony of the lees, and also through the abundance of winde, which they breede. Wherefore those new wines alone are drunke without hurt, or with least, which consist of a thin substance with nitrous lees, of which sort, as I haue said, are White and Rhenish-wines, and these by reason of their quality of cooling, moistning, and of mouing the belly, may be good for young men that haue not stomacks, and such as are cholericke by constitution; but are very hurtfull for olde men, and such as are phlegmaticke, so long as they are new and not perfectly purged from their dregs. Very well therefore said *Galen*, that must or new wine hath no other vse, but to moue the belly, which faculty if it want, it is extreemely ill and hurtfull to the body.

How many precepts ought there to be observed in the exhibiting of pure wine in respect of the age.

First : The first is, that it be not giuen vnto children, for this will be as if you should adde fire vnto fire : for they being of hot and moist temperature, would thereby become ouer hot, and their heads also filled with vapors, whereof ensue many euils, and sometimes the falling sicknesse. The second is, that it bee not giuen to youths, as from 14. yeares of age vnto 25; for wine is vnto them most repugnant; because it doth aboue measure heate their hallic, hot, and agitating nature, and extimulate them (like mad men) vnto enormous and outrageous actions. The third is, that it be very moderately giuen, and that not too often vnto young men, as from 25. yeares of age vnto 35. and that it be also of the smaller sorts of wines, as Claret, &c. especially if they are of hot constitution : for otherwise it will make them prone vnto wrath and vnlawfull

full desires, dull the wit, and confound the memory. The fourth is, that it be more liberally giuen vnto them that are in their manhood and constant age, as from 35. yeares vnto 50: and let such, when they are past forty yeares of age, beginne to make much of the vse of wine; and yet if they be of hot constitutions, let them abstaine from the stronger sorts of wines, especially from the often vse of them, because they will be offensive vnto the head and sinewes. The fift is, that it be giuen with a liberall hand vnto olde men, and that also of the stronger sorts of wines, especially when they are in the latter part of olde age, as from 60. yeares vpward vnto the end of their life. For vnto olde men there come foure excellent commodities, by the vse of pure wine. The first and greatest commodity, seeing that they are colde, and for the most part almost without good alimentall blood, is because it greatly correcteth the coldnesse of their age, and bringeth them vnto a better temperature of heat, with increase of blood. The second, because it expelleth sadnesse and melancholy, whereunto that age is most subiect. The third is, because it maketh them to sleepe well, which by reason of the siccity of the braine, and paucity of vapours, many olde men oftentimes want. The fourth and last commodity is, because it remoueth obstructions, whereunto they are very subiect. To conclude, as pure wine is most vnmeet and hurtfull for children, and such as are young: so for olde men it is most conuenient and wholefome.

Four principal commodities come vnto the aged by the vse of pure wine.

*Whether the vse of Wine mixed with water be fit for all times,
and profitable for all bodies?*

IT hath beene a very ancient and profitable custome to mixe wine with water in the hot seasons of the yeare; for the wine by reason of the subtilty of it, dorth facilitate the penetration of the water, and carrieth the same, which otherwise is of an obtuse operation, vnto all the parts, at what time as they shall neede to be cooled and moistned. And from hence it is that wine much allayed
with

with water doth better quench thirst then water alone. But it is not profitable for all times; for in the Winter (by reason of the colde and moist constitution of that season) pure wine is rather to be vsed. Neither is it conuenient for all bodies; for to olde men, to the phlegmaticke, and such as are of a colde temperature, or haue weake stomackes, the vse thereof is hurtfull, as may be gathered by that which I haue before spoken, of the vse of water.

Wine alayed
with water,
for whom
profitable.

Four things
to be consid-
ered in the vse
of wines dilu-
ted.

The manner of
mixing wine
with water for
euery tempera-
ture of body.

But wine diluted is good for young men, for such as are cholericke, and are of an hot constitution, for hot Countries, and the hot seasons of the yeare, especially in the Summer; for then by reason of the parching heat, wine alayed, that is to say, thin, small, waterish, and in no wise strong, is to be drunken. By all which, it is apparant, that foure things are to be considered in the vse of wine mixed with water: the Country, the time of the yeare, the temperature of the body, and the age: for it is more or lesse to be alayed, according as the Country, the season of the yeare, the age, and temperature of the body shall be hotter or colder. Whereunto you may also adde, that the nature of the wine is also to be respected, because it is more or lesse to be diluted, according to the efficacy and strength of it. But that the vnlearned may not be deceiued in the manner of mixing wine with water, I will set downe some particular formes thereof, which I would haue to be vnderstood of the smaller wines, of which sort are the White, the Rhenish, and the Claret, because they more auaille for quenching the thirst, and cooling of the body. For bodies therefore of an hot and dry temperature in colde Countries, and in the summer season, let three parts of water be mingled with one of wine; or if the time be very hot, and the thirst molestious, and the body also youthfull, and strong, foure parts of water may be mingled with one of wine. But for such hot and dry bodies in hot Countries, and in the hot seasons of the yeare, the wine is so to be diluted, that onely a very little smacke of the wine be perceiued. For such a mixture taketh away the hurts of the water, and sufficiently helpeth the distribution of it into the body,

body, for quenching the thirst, and moistning the dried parts. But verily for them that inhabit cold Countries, and are of a meane temperature, it is best in the summer season to mingle an equall portion of water and wine; or if the time be very hot, and the age youthfull and strong, they may take two parts of water to one of wine: for that which is ouer-much alayed or mixed with water, except it be for necessities sake, as in a feuerous distemperature, is to Northerne people hurtfull, because it doth too much diminish their naturall heat, hinder the digestion, and breede inflations, and collicke torments. Wherefore wine not much, but meanelly diluted, is to our Country-men, for the most part, in time of health and heat agreeable, because it doth best temper their humors, penetrate and coole the parts of the body, and assist the naturall heat, against the ambient heat of the aire: I say, in time of health, because the bowels burning with a feuerous distemperature, it is lawfull, yea, very expedient, to mingle 6, 7, or 8. parts of water with one of Wine, especially if the body shall bee youthfull, and of an hot temperature, that the vehement heat, which otherwise will quickly subuert the state of the body, may be extinguished. But for them that are cold by temperature, or well stricken in yeeres, pure wine is in time of health more conuenient, as I haue before shewed. And in any feuerous distemperature, they may not in the mingling together of water and wine, to alay their thirst, take aboue foure, or at the most siue parts of water to one of wine, least that the hurts which water is likely to bring to such bodies, should be greater then the commodity of cooling and quenching the thirst, as may be gathered by that which I haue afore declared of the vse of water. And here vnderstand, that wines of a thicke consistence are not to be diluted, because they are fulsome to the stomacke, and by reason of the subtilty of the water, become more vaporious, and offenseiue to the head. Now by that which hath bene said of wines, it may easily be collected, that it is conuenient for temperate bodies, and chiefly for olde men, for the phlegmaticke, and such as are of a cold tem-

Why wines of
a grosse substance
ought not to be diluted.

perature, and for the cold seasons of the yeere. But to young men, that haue hot constitutions, and aboue all others to the cholericke, in whom the liuer is ouer-hot, and in the hot seasons of the yeere, it is very hurtfull, especially if it be strong. And it is also hurtfull to them that haue weake braines, and feeble sinewes; and therefore all such must either forbear wine, or vse it very moderately, and well tempered with water in hot seasons.

*Whether it be expedient for health to be drunke with wine
once or twise in a moneth?*

O How impudently would our drunken potifuges vaunt themselues, if for the health of the body, I should approue the custome of being drunk once or twise in a moneth! Verily, it hath beene written and affirmed by some of the ancient Physitians, and approoued as a thing wholsome: because drunkennesse obserued in manner aforesaid (for often drunkennesse they did condemne) doth (as they say) by inducing sleepe, alleuiate and make quiet the animall powers, prouoke vomiting, vrine, and sweat: whereby it commeth to passe, that the weake and troubled spirits, through immoderate cares and perturbations, are reuiued, and pacified, and the euill humours not onely eicted from the stomacke, but also expelled from all parts of the body. But this their assertion, as it is most vngodly, so it is vnto the health of the body most pernicious: for drunkennesse spoyleth the stomacke, maketh the blood waterish, hurteth the braine, dulleth the senses, destroyeth the vnderstanding, debilitateth the sinewes, and subuerteth the powers of all the body. Wherefore seeing that all drunkennesse is euill, and hurtfull to the true health of the body, and that the disease is pernicious, which doth chiefly distemper the place of vnderstanding; they erred very grossely, that thought drunkennesse profitable once or twise a moneth. Neither are their reasons of such validity, as that they should perswade any to a custome no lesse hurtfull to the minde, then to the bodie.

For

For the animall powers defatigated, or otherwise disturbed, may be holpen with a safer, better, and a more godly remedie, then by an vnquiet and turbulent sleepe, caused by meanes of drunkennesse: for drunkards verily doe not enioy sweete and quiet sleepe, whereby the animall powers are truly refreshed. In like manner, to procure vomiting, vrine, and sweat, by meanes of drunkennesse, as it is wicked, so it is also beastly. Moreouer by a remedie of this kinde, the hurt is farre greater then the helpe; for drunkennesse, besides that it doth extinguish the light of the vnderstanding, causeth the Apoplexie, and such other like diseases of the braine, and oftentimes a sudden suffocation. In a word, it doth by much more hurt all the parts and faculties of the body, then any way helpe by euacuation of superfluities, as the barbarous Authors pretend for their assertion: for infinite are the hurts that drunkennesse bringeth vnto mans body. Well therefore was *Androsides* wont to say vnto *Alexander*, being about to drinke wine, that he might beware of excessse, *O Rex memor sis te terra sanguinem bibere*. But here I will not denie, but that it may be very lawfull and expedient, for them that are wont to be wearied with great cares and labours, to drinke sometimes vntill they be merry and pleasant; but not drunken: for in obseruing such a rule, the aforesaid crapulentall hurts are not induced, but the spirits and the whole body, are thereby so recreated, refreshed, and renewed, as that the next day, they doe more ingenuously vndertake, and more readily execute their accustomed busineses.

To drinke ad
hilaritatem,
whether lawfull
and profitable.

Whether Beere be more wholsome then Ale?

Beeer that is too bitter of the hop (as many to saue malt are wont to make it) is of a fuming nature, and therefore it engendreth rheumes and distillations, hurte the sinewes, offendeth the sight, and causeth the head-ach, by filling the ventricles of the braine with troublesome vapors: whereof not onely the internal, but also the exter-

For whom
Beere is better
then Ale.

Whether Beere
be colder in o-
peration then
Ale?

nall senses, are very much disturbed and hurted: and therefore such Beere is worse then Ale, notwithstanding the obstructiue faculty of it. But if Beere be not made too bitter, but that it haue in the making of it a proportionable quantity of hops, and that it be not drunke before the bitter force of the hop be thoroughly spent and consumed, it is farre more wholsome then Ale: because the manifold force and efficacy of hops, doe manifestly declare the wholsomenesse and excellency of Beere; for hoppers doe not onely remoue obstructions of the liuer, spleene, and kidneyes, and cleanseth the blood from all corrupt humors, causing the same to come forth with the vrine, which it prouoketh; but also, maketh the body soluble, by excreting forth of yellow cholericke humors. Wherefore seeing that Hoppers doe as well make Beere a kinde of medicinable drinke, to preserve the powers and faculties of the body, and to purge and cleanse the blood, as a common and daily drinke to extinguish thirst, I may very well conclude, that it is much better and wholsomer then Ale, especially for such as be cholericke, and haue hot stomackes, and that are subiect to obstructions of the melt, liuer, and kidneyes. But Ale is in the Winter season in greatest vse, because it cooleth lesse then Beere, as most men thinke; but it doth not by any other reason lesse coole, (there being an equall proportion of malt in them both) but because it hath not such a penetratiue power as Beere hath: I know that many are of opinion, that Beere (in regard of the hot and dry quality of the hop) is in operation hotter then Ale: but by their leaue, if the Beere be kept vntouched, till the bitternesse thereof be worne out, I suppose it to be in operation colder then Ale, both in regard of the penetratiue faculty of it; as also because it expelleth choler both by stoole and vrine. Ale by reason of the grossenesse of the substance of it, breedeth grosse humors, and in that respect it is more nourishing then Beere, and therefore more profitable for loose and extenuated bodies, and such as desire to grow fat; but by reason of the obstructiue nature thereof, it is very hurtfull

to

to the phlegmaticke, to such as are grosse, and full of humors. Now by that which hath beene said, it may easily be discerned, whether Beere more causeth rheumes, and distillations, then Ale? Many are of opinion that it doth; which is true, if it be made too bitter of the hop, or drunke while the bitterneesse remaineth; for the more bitter it be drunken, the more it filleth and stuffeth the head, and hurteth the same. But if it be kept till the bitterneesse be consumed, it is so farre away from breeding of rheumes, as that it is rather good to preuent them by remouing obstructions, the principall cause of rheumes and distillations.

Whether
Beere breeds
rheumes more
then Ale?

*How many properties ought there to be in the best and
wholesomest Beere?*

SIX : The first is, that it be not sowre, or of any other vnpleasant sauour, for such is hurtfull to the stomacke. The second is, that it be cleare and thin; for that which is not cleare and well defecated, abundantly increaseth grosse, staeous, and pituitous humors, and so consequently impinguateth the body, to the vtter subuersion of it: for it obstructeth the bowels, causeth the stone and strangury, by filling the passages of the vrine with grosse, sculent, and slimy humors, breedeth winde, and maketh the breath short and painefull. The third is, that it be very well boyled: for that which is not well boyled is fullsome to the stomacke, and puffeth vp the body with windy humors. The fourth is, that it be olde and purged from his dregs; for such is of a penetrating nature, of good iuyce, not windy, but acceptable to the stomacke, both for concoction and distribution. But that which is new, causeth the same hurts, which the grosse and not well concocted doth. And verily this propertie is in Beere much to be regarded; for if it be not drunke till the bitterneesse of the hop be well consumed, it doth nothing lesse then offend the braine and sinewes with vaporous fumes; but it doth the better penetrate and quench the thirst: and

Stale Beere
most whole-
some in the
Summer sea-
son.

therefore stale Beere is chiefly to be desired in the Summer, and it is a drinke (believe me) for all constitutions, but especially for the cholericke and melancholicke most wholesome. But heere by the way it is to be considered, that as Beere very new is vnwholsome, so is that also which is too olde, as when it is growne sowre, for it very much hurteth the stomacke, the liuer, and the braine. Therefore they greatly ere, that keepe Beere till it be two, three, or foure yeares olde : for it is most hurtfull to the body, and pernicious to the vnderstanding. But Beere of a middle-age, as from one or two moneths olde, vnto five or six, according to the strength of it, is the best and wholesomest. And if in that space, it shall onely chance to acquire somewhat a sowre smacke, it is not therefore of all men to be refused : for vnto cholericke bodies because it representeth the acrimony of choler, and also to all them (by reason of the penetrating force which it obtaineth) that are subiect to the obstructions of the stomacke, mefaraicke veines, spleene, liuer, lungs and reines, it is most profitable. And if such as haue the stone, or are subiect to the obstructions of the reines, doe daily vse such Beere, it will be impossible (so that they erre not in other things) that they should euer be vexed with the stone, or any other great and painefull obstruction of the reines. The fift is, that it be of an indifferent strength, not too strong, nor too small, because each excelsse is hurtfull. For that Beere which is of a middle strength, doth heat that state of body which is ouer cold, refrigerateth that which is too hot, and preferueth the temperate. But that which is stronger then a meane, is more meet for cold and moist bodies, especially in the cold seasons of the yeare : and that which is weaker, for hot and dry bodies, especially in the Spring and Summer : for such bodies require much cooling and moystning, which small Beere, because that it little differeth from the nature of water, doth best effect ; but it is rheumaticke, and impetiously hurtfull to cold constitutions : For you must vnderstand, that Beere by how much the stronger it is, by so much the neerer it commeth vnto the nature of wine,

wine, and by how much the smaller, by so much the nearer it approacheth vnto the nature of water. Wherefore seeing that there is great difference to be found in Beere, according to the strength and smalnesse of it, it becometh euery man to haue speciall respect of his owne state and temper of body, that thereby he may make vse of that which shall be best agreeing vnto his nature. And here I aduise all such as respect their own good, that they drinke not Beere that is very strong, but in stead of wine; (for if it be stale, well depurated from dregs, and thoroughly boyled, it is in operation most like vnto wine) because the often vse of it, is very greatly hurtfull to the integrity both of minde and body. And here I admonish our common Ale-pot-drunkards, that it is worse to be drunke with Ale or Beere, then with Wine; for the drunkennesse endureth longer, to the vtter ruine of the braine and vnderstanding, by reason that the fumes and vapours of the Ale or Beere that ascend to the head, are more grosse, and therefore cannot be so soone resolued, as those that rise vp of wine: and by the same reason I conclude, that it is worst of all to be drunke of Ale. The sixt and last property is, that the malt whereof the Beere is made, be full of pure corne, as of Barly or Oates, for then the drinke made thereof must needs be the better. And here it may be demanded, whether Beere made onely of Barly malt, be better and wholesomer, then that which is made of Barly and Oaten malt in equall portions mixed together, or of two or three parts of Barly malt with one of Oaten. To which I answer, that whereas the end of the vse of drinke is fourefold: 1. To quench the thirst. 2. To temper the naturall heat. 3. To moisten the inward parts. 4. To helpe the concoction and distribution of the meates, that Beere made of Barly and Oaten malt mixed together, doth more effectually accomplish the first three, without any manner of hinderance vnto the fourth, and is also of a more liuely taste, if it be kept vntouched, till that it hath gotten a sufficient stalenesse: whereupon I may well affirme, that Beere made of Barly and Oaten malt mingled together, is better then that

Drunkennesse
with Ale or
Beere worse
then with
Wine.

Whether
Beere made
onely of Barly
malt be better
and wholesomer
then that
which is made
of Barly and
Oaten malt
mingled together?
A fourefold
end of the vse
of drinke.

that which is made of Barly malt alone, especially in the hot seasons of the yeare : and verily for hot and dry bodies, it is at all times much more conuenient, because it receiueth a singular cooling qualitie from the Oate.

*Whether Cyder and Perrie are for common vse
wholeſome and profitable drinckes?*

CYder and Perry are vsuall drinckes where fruites doe abound : they are colde in operation, and better or worse, according to the fruites whereof they are made. In respect of the coldnesse of them, they are good for such as haue hot stomackes, or hot liuers, and by reason of a very pleasing sharpe taste which they haue, if they be drunke after they be foure or fise moneths olde, they are of a notable penetrating faculty, and doe greatly helpe the weaknesse of the stomacke, and distemperature of it, proceeding of a hot cause : for they excite the appetite, temper the drinesse of the humors and inward parts, allwage the thirst, and very greatly repress the ebullition of choler. Moreover, by reason of their penetrable power, they prouoke vrine, and open the obstructions of the stomacke, mesaraicke veines, milt, liuer, and reines. They are wholeſome for hot and dry bodies, namely, for the cholericke, but especially the atrabilaricke. Yet they are not good to be vsed as common drinke, with meats, except of them that haue very dry stomackes, and subiect to too much astricti-on of the same, because they cause the meates too speedily to descend from the stomacke ; and besides that, the much and often vse of them is very hurtfull to the liuer, which by ouer-cooling, it doth so enfeeble, and dispoliate of it's sanguifying facultie, that the colour of the face becommeth pale and riuled, and the skin oftentimes polluted with a white spotty deformity, through an ill habit of the parts, acquired by the too often vse of them. Moreover, the much and often vse of these drinckes doe exceedingly weaken the braine and reines, whereupon rheumes and seminall fluxious, aches of the ioynts, weaknes of the limmes
and

and backe doe very quickly ensue. They are best to be taken for whom they are agreeable, in an empty stomacke, as mornings fasting, and about an houre or two before meale, for then they better remoue the obstructions, and attempter the drynesse of the parts. Onely those that are *atrabilarij*, which abound with choler aduult, because their stomacks are very dry, where-from, for the most part, the meats doe very slowly, and that not without some difficulty descend, may very profitably drinke a draught or two thereof at their meales. But let the phlegmaticke, and such as are of cold constitutions, or subiect vnto the windie collicke, altogether eschew the vse of these drinke, because they abundantly opplete their bodies with waterish, crude, and windy humors, with a suddaine labefaction of the liuer. They are meliorated, by putting to them sugar, nutmeg, and especially ginger, which chiefly correcteth their crude and windy quality. Of these two sorts of drinks, *cateris paribus*, Perry for pleasantnes and goodnes hath the precedency, which in taste is like vnto a small Rhenish-wine, from which it differeth but little in operation. But you must vnderstand that these drinke while they be new, are very hurtfull, because they consist of much excrementall moysture, which abundantly filleth the body with crude and staeous humours. But after that the excrementall superfluity of them, by procelle of time, is concocted and absumed, which in foure or five moneths, will very well come to passe, the vse of them, as I haue shewed, may be very profitable to coole, to moysten, and to open obstructions.

Cyder and Perry very hurtfull vnto cold bodies, and such as are troubled with the windie collicke.

Whether Metheglin and Meath are wholesome for euery age and constitution of bodie?

Metheglin is a very strong kinde of drinke, made of two parts of water, and one of hony, boyled together and scummed very cleane, and if Rosemary, Hyssop, Time, Orgaine, and Sage, be first well boyled in the water, wherof

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you

* As to euery
gallon of wa-
ter, one ounce
of ginger, sera-
ped cleane
and sliced.

you make the Metheglin, it will be the better. And afterwards, when you boyle the same water with hony, if you also boyle in it a quantity of * ginger, three or foure wambles about, after that it is cleane scummed, or else hang the ginger sliced thin in a linnen bag, by a thred, in the barrell, wherein you put the Metheglin, it will be much the better, and a drinke exceeding wholesome in the winter-season, especially for old folkes, and such as be phlegmaticke, and haue feeble sinewes, cold stomackes, and troubled with the cough. For besides the singular faculty that it hath, of heating the body, it hath also a very speciall absterforie propertie, for the remouing of fleame, reliding and sticking in the stomacke, braine and sinewie parts: It is best in the mornings fasting. But it is not good for such as are hot by constitution, nor in the hot seasons of the yeere, because it ouermuch heateth the body, and is very quickly turned into red choler, and therefore let such as are cholericke, beware how they vse it. If in their old age, cold fleame shall somewhat abound in their stomacks, then sometimes mornings fasting, a small draught thereof may be profitable for them. It must not be drunke while it is new, for then, because it is not fined from the dregs, nor the crudities thereof digested, it is very windy and troublesome to the belly. But after that it hath well purged it selfe, and sedled in the vessell three or foure moneths, and made as afore described, there is not for very cold, old and phlegmaticke bodies, especially in the cold seasons of the yeere, a better drinke, as by the properties thereof aboue shewed, may be collected.

Meath.

According to
the strength
you desire to
haue it; or as
the tempera-
ture of the bo-
dy shall re-
quire.

Meath or Mead, is like to Metheglin, the chiefest difference is, that it is not so hot in operation; for Meath is made of one part of hony, and foure times so much of pure water, or more, and boyled till no scum doth remaine. This is a drinke of excellent operation, very profitable to all bodies, from the beginning of Aprill, to the beginning or middle of September, for the preserving of health, to be taken in an empty stomacke, for it cleanseth the breast
and

and lungs, causeth an easie expectoration, prouoketh and procureth vrine abundantly, and maketh the belly soluble. If Hyssop, Tyme, Pellitory of the wall, Parsley-roots and Fennell-roots be first well boyled in the water, whereof you make the Meath, and Ginger also boyled, or hanged in the barrell, as I haue afore shewed in the making of Metheglin, it will be of a more effectuall operation, for the purposes aforesaid, and a drinke belecue me, beyond all other, profitable for them that are subiect to the obstructions of the breast, and reines of the backe. But it must not be drunken vntill the crudities thereof be concocted, and the dregs settled in the bottome, which in a moneth will be well effected.

Thus much concerning the sorts of drinckes, which are in common vse among vs : there are also sundry other sorts made for our necessities, as *Aqua vita*, *Rosa solis*, *Cynanon-water*, *Hypocras*, &c. of all which, because they are to be vsed as medicines, I will not speake particularly: onely of the first of them, because that vpon any necessity it is in greatest vse and request among vs, I will for the vse of such, who now and then need such a comfortable drinke, briefly intreate.

*Whether Aqua vitæ be good and agreeable
for all bodies.*

A*qua vita* hath his denomination, in that it recouereth and maintayneth life: The common manner of making it, is to distill it out of the lees of wine, or of the lees of strong ale and wine together, by adding thereto licorise, Annis-seeds and graines; but this common vendible *Aqua vita*, both in regard of the grosse substances from whence it ariseth, as also of the rude manner of preparing and distilling it, may more rightly be named *Aqua mortis*, the water of death; for it causeth more hurt, then commodity to them that vse it: wherefore I will here describe an easie manner for the making of an *Aqua vita*, yet very effectuall

for them that neede such a comfortable drinke.

Take of the tops of Rosemary, of Sage, of Marioram, of Orgaine, of Time, of Worme-wood, of Speremints, of Balme, of each one handfull, of Ginger scraped cleane one ounce, of Nutmegs and Cynamon of each halfe an ounce, of Cloues, Mace, Pepper and Graines, of each a quarter of an ounce, of Galingale roots sliced one ounce, of Raisins of the Sun cut thorow the middle one pound, of Fennell-seedes and Annis-seedes of each two ounces, of Liquorice scraped clean and cut into thin slices, halfe a pound: bruize the Spices and Seedes a little, and breake the hearbes betweene your hands, then put all together into a gallon or two of Muscadell, Sacke, or such like strong wine, and so let them infuse in a Lymbeck-pot close stopp'd, foure and twenty houres vpon hot embers, and the next morning distill them with a very temperate fire, and take especial care, that the head of your Lymbecke be kept cold continually with fresh water, and that the bottome thereof be fast luted, that none of the vapours breath forth. Out of a gallon of liquor, you may draw a quart of excellent *Aqua vita*. And if then to the feces in the pot, you will adde a gallon of strong ale, or lees of wine, or of them both, with halfe a pound of Liquorice, foure ounces of Aniseeds, and an ounce of Graines, and distill it againe, you shall draw an *Aqua vita*, good for your families and poore neighbours in their necessities.

Now to the question I answere, that for the most part there is not any water in vse, which can better fortifie life, and hinder the coming on of olde age, then the aforesaid *Aqua vita*: for it very greatly comforteth a weak stomach, expelleth winde, putteth off all melancholike passions, preserueth the humors from corruption, and excellently preuaileth against swounding; for by reason of a notable penetrable power that it hath, it quickly goeth vnto the heart, and wonderfully raiseth vp faint and feeble spirits. But the vse thereof is not alike wholsome, and good for all bodies; for vnto them that are leane, and of a dry nature, and in the

Aqua vita
very hurtfull
vnto drie bo-
dies,

the Summer, it is very pernicious, because it dryeth vp, and (as it were) scorseth their inward parts, especially the liuer, and destroyeth the naturall moysture : But to olde men, to grosse and moyft bodies, it is very profitable, for it fortifieth their stomackes, concocteth excrementall humors, discusseth winde, and defendeth them from the lethargy, apoplexy, and other cold diseases, vnto which, by reason of their moyft habit of body, they are very subiect. Wherefore the moderate vse thereof is to be permitted vnto cold and phlegmaticke bodies, especially in colde and moyft seasons, to wit, vpon the taking of much meate, or when the stomack shall be vexed and distended with wind, the quantity of a spoonefull or two at a time, well sweetned with Sugar, that it may the lesse affect the braine and nostrils, or cause any hurt to the liuer, through its feruent and penetrating heat. If it be taken with an equall portion of wormewood water, as a spoonefull or two of the one, and so of the other, with Sugar also in it, it exceedingly comforteth the stomacke, helpeth the concoction, and discusseth winde, without causing any manner of hurt to the liuer : and being taken in this manner after a great meale, or whensoever the stomacke shall bee ill-affected, by reason of windinesse or otherwise, it is not onely good for the phlegmaticke, and such as are colde by constitution, but agreeable also and wholesome for all other bodies. But if such as are impensiuely hot and dry in their state of body, stand in neede of the helpe thereof in the like cases, I aduise them to take two or three parts of wormewood-water, and one of *Aqua visa*, mingled with Sugar, and so they may securely and profitably vse it.

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OF THE FLESH OF Beasts and Fowles.

SECT. III.

*Whether all Beasts and Fowles, are for goodnesse of meate,
more wholesome being young, then when they are growne
vnto fuller age?*



Efore I answer to the question, you must vnderstand, that we make foure differences in the age of beasts, that is to say, the time of sucking, of yought, of middle-age, of olde age.

Now to the question, I answer negatiue^{ly}, for those beasts or fowles, that haue by nature moyst flesh, are for goodnesse of meat more wholsom, when they are growne to fuller age, then when they are sucking, or very young, because that then they are ouermoyst, and of an excrementall, slimy, and phlegmaticke iuyce, which as they encrease in age, is much waisted and dried away: wherefore Hoggrels, and young Weathers, are for goodnesse of meat, better and more wholesome, then sucking Lambes: and it is the like also of Porke; notwithstanding, that roasting Pigs are of most men greatly desired, and for some certaine bodies very profitable. For verily, these kinds of beasts, that are naturally moyst, are when they are young, wholesome enough, yea, very profitable in the Summer-season, for cholericke and dry bodies, because they yeld a moyst nourishment, which doth well temper and amend the dry temperature, or rather, the vntemperate drinnesse of such bodies. To all other bodies, especially such as are cold & moyst, they are exceedingly hurtfull, because

a very moyſt kinde of foode, doth in them increaſe a very moyſt diſtemperature, and quickly maketh the ſame altogether ſickly. But thoſe Beaſts or Fowles, whoſe fleſh is naturally dry, are beſt when they are young and ſucking, for then their drineſſe is attempered with the moyſture of their youngneſſe. And by how much the younger they are, by ſo much the moyſter they are, and conſequently of eaſier concoction, and alſo of better iuyce, after that they haue once attained vnto perfection of fleſh. Wherefore Kids and Calues are, for goodneſſe of meat, better then Goats and Oxen, and the like is alſo to be ſaid of Pigeons, Fawnes, &c. And thoſe verily, that are of a meane temper and conſiſtence of fleſh, are for good nourishment the beſt, and not onely in their young, but alſo in their full and middle age, very wholeſome and agreeable for all bodies. Such are Capons, Turkeys, Pheasants, &c. But generally, all Beaſts and Birds, that are of the fourth age before mentioned, whether they be naturally dry or moyſt, are naught and vnwholeſome; for they are tough, of a very hard concoction, and breed an euill and melancholicke iuyce; yet they are good enough for robuſtious and ruſticke bodies.

Whether fleſh that is corned and ſeaſoned with ſalt, be wholeſomer then that which is vnſalted?

Inſwere, that fleſh which is poudred, or ſeaſoned with ſalt, for the ſpace of one, two, three, foure, or ſiue daies, according as the nature of the fleſh, the complexion of the eater, and the time of the yeare ſhall require. is farre more wholeſome then that which is freſh and vnſalted: becauſe, the ſalt doth purifie the fleſh, and make it the more ſauory by drying vp and conſuming the watry and excrementall moyſture of it. And this is not to be vnderſtood of all ſorts of fleſh, but of the groſſer kindes, as of Beeſe, Porke, &c. for ſuch are wont, and onely ought to be ſprinkled, ſeaſoned, and conſerued with ſalt. And I haue, not without good reaſon before limited the time for ſeaſoning of fleſh with ſalt according as the nature of the fleſh, the
complexion

complexion of the eater, and the time of yeare shall require, because the flesh which is very grosse and moist, requireth a longer salting, that the superfluous moisture thereof may be the better exsiccated. A complexion hot and dry doth require moister meates; but a colde and moyst constitution requireth dryer: to the one therefore a shorter, to the other a longer time of salting the meates is best agreeable. And in respect of the time of the yeare, it is sufficient in the Spring and Summer to haue it powdred a day or two; in the Autumne for the space of two or three dayes; and in the Winter foure or fīue dayes at the most, because mans body at that time, by reason of the cold constitution of the season, doth more abound with superfluities. But the flesh which is longer preserved in salt, or brine, or after that it is salted, hanged vp to dry neere the fire, which wee commonly call *Martimasse beefe*, doth loose his purity, and is of very hard digestion: it breedeth cholericke and melancholicke humors, very apt for aduersion, especially that which is hanged vp to dry, and therefore it is to such as be cholericke and melancholicke, though for the most part well pleasing to their pallats, most hurtfull. I leaue it onely as conuenient for labouring men, and such as haue very strong stomackes, or like to haue their meat commend their drinke.

Why is that flesh which is meanelly or competently fat, more wholesome and more nourishing then that which is very fat, or leane?

THe reason is, because that flesh which is ouer-fat is hurtfull to the stomacke, by causing a nauſeatiue disposition, and yeeldeth little nourishment, and the same not good but excrementall: for it is quickly conuerted into flegme, choler, and putride vapors. And flesh that is leane, is of a dry substance, hard of concoction, and of little and ill nourishment. But flesh that is meanelly fat, is the best and easiest of concoction; for it giueth purest nourishment, and is most agreeable to the stomacke. And here by the

the way obserue, that of flesh the whitest is the best; for by how much it doth in colour degerate from whitenesse, by so much it is of worse iuyce.

Whether Kids flesh be better then Lambe? And whether Lambe then Mutton?

THe Arabian Physicians preferre Kids flesh before all other flesh; because (as they say) it is of a more temperate nature; and breedeth pure blood, which is in a meane betweene hot and cold, subtile and grosse. *Isaac* saith, that sucking Kids are for taste, nourishment, and digestion better then other; whose opinion I approue, because the milke giueth and maintaineth in them an excellent moisture: wherefore their flesh is singularly good for hot, dry, and extenuated bodies; and for them that haue weake stomacks, and are from some long sicknesse vpon a recovery to health, so they eate it roasted. But by reason that it somewhat aboundeth with an excrementall moisture, it is hurtfull for the aged, and such as are phlegmaticke, and that haue cold and moist stomacks. For although Kids flesh be deemed to be temperately hot and moist in the first degree; yet it is more moist then hot, and withall somewhat slimie: wherefore to their opinion concerning the goodnesse of Kids flesh about all other, I see no reason why I should yeeld my subscription, for I thinke Vcale to be for goodnes and wholsomnes of meat, rather superiour, then any way inferiour vnto it, as shall be hereafter shewed. But howsoeuer it be to an Arabian stomacke, or whether the Kids of Arabia be in substance lesse moist and slimie then ours, as it is very likely, I suppose Kids flesh to be somewhat better then Lambe: for Lambe by reason of much viscous humidity in it, increaseth crude and phlegmaticke humors. Wherefore it is not so wholsome in the winter, and former part of the spring, as it is from the latter end of the spring vnto the beginning of Autumne, in which space (by reason that the heate is commonly hot and dry) such moist flesh is best agreeable vnto mans body. It is

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most profitable for them that are by constitution hot and dry, and that abound with adust and cholericke humors; but it is not conuenient for olde men, or for them that are phlegmaticke, especially the much vse of it; for by reason of the much moisture which it hath, it repletheth their stomackes with crude and phlegmaticke humors. Lambe of two or three moneths old is the best; for the younger it is, the more it aboundeth with a crude superfluous moisture; and if it be well roasted, it giueth the better nourishment, because the most part of the crude superfluities in it, are by the force and efficacy of the fire, well wasted and digested. Lambes that are weaned; and after wards fatted, are wholsomer for meat then when they were sucking, because their flesh doth lesse abound with superfluous moisture; and if they haue their feeding in hilly pastures, they yeeld the purest nourishment; and are a very good meat, for those that haue weake stomacks, or liue a studious kinde of life. The flesh of Hogreels and young Weathers is a right wholsome and temperate meate, it breedeth very good blood, and is easily digested: it is better then Lambe, for it yeeldeth a more pure and substantiall nourishment, and is conuenient for euery season, age, and temperature. The flesh of elder sheepe is not so wholsome, for it is of a dryer nature, of harder concoction, and of weaker iuyce. It is conuenient for labouring men, and such as haue good stomacks to digest. Of Mutton therefore that is the best, which is of an yeere or two olde, or thereabout; and if it be of a young Weather, it is best of all, for it is of a very temperate nature, of an easie concoction, & of pure, firme, and copious nourishment.

Mutton.

Whether Veale for goodnesse of nourishment be better then Beefe?

Veale, if it be competently fat, is pleasant to the taste, and easily digested; it is very nutritiue, and the nourishment thereof is exceeding good. For hot and drie bodics, for those that are weake, and giuen to a studious kinde of

of life, it is farre better then Beefe. Moreouer Veale is a more odoriferous flesh then any other, and in this respect it is farre before Kids flesh, and not behind it in any other; but rather (in my opinion) it shall as well for pleasantnesse of taste, and goodnesse of iuyce, as for sweetnesse of sauour haue the precedency of Kids flesh. And I belecue that if those Arabicke Physitians had euer tasted of our Veale, they would without any scruple, haue giuen vnto it the preheminence. But you must not vnderstand this my assertion of all Veale indifferently, for it must not be too yong nor leane; for if it be too young, then it is ouer-moist, crude, and excrementiall; and if it be leane, then it is not so nutritiue, nor so acceptable to the taste and stomacke. But if it be of the age betweene one and two moneths, and competently fat, then it is of an excellent temperament, and nutriture, and for euery season, age, and temperature, exceeding all quadrupedall creatures. And although Veale be for all bodies conuenient, yet for those that are hot and dry, by reason of the pure and pleasant moisture thereof, it is most profitable. The flesh of Steeres, which we commonly call Steere-beefe, and so also of Heyfers, is of a firmer substance then Veale; it giueth to the body much good and substantiall nourishment, and therefore for them that are healthy, and of a sound state of body, it is not inferiour vnto Veale, though it be not altogether of so pure a temperature, and nourishment. Beefe of Oxen that are of middle age, is for goodnesse of iuyce, and easinesse of concoction next vnto it: it is agreeable enough for young men that are of perfect health, and for any that haue good stomacks, and are of a firme habitude of body. But Beefe of older Oxen is of a very hard and grosse substance, it is very hardly digested, and breedeth a thicke, grosse, and melancholicke blood, which by reason of the difficult distribution of it, causeth obstructions, especially of the spleene, and melancholicke diseases: and therefore to melancholicke bodies it is most hurtfull. But to rusticke men, that labour painfully in the fields, and for those that inhabit cold Countries, whose concoctiue faculty is

Bulls Beefe.

commonly strong, it is very agreeable; for by reason of their great labour, and strong internall heat, they will too soone resolve the iuyce of lighter meats. But to those that liue a delicate or studious kinde of life, it is very hurtfull. Now by this that hath beene declared, it may plainly appeare, that those hurts that are of *Galen* in his third booke of the faculties of nourishments attributed vnto Beefe, ought to be vnderstood of old Beefe, which in truth is vnfauoury, tough, and of very hard concoction. Bulls Beefe is of a rancke and vnpleasant taste, of a thicke, grosse, and corrupt iuyce, and of a very hard digestion. I commend it vnto poore hard labourers, and to them that desire to look big, and to liue basely.

Whether Swines flesh be no lesse wholesome, then it was estimated to be, by most of the ancient Physitians?

Swines flesh, because of the strong and abundant nourishment that it yeeldeth, as also of the likenesse that it hath vnto mans flesh both in fauour and taste, is of *Galen* and other of the ancient Physitians, commended aboue all other kindes of flesh in nourishing the body. But in my opinion, the choise of flesh is rather to be taken, from an odoriferous pleasantnes of the same, laudable substance, good temperature, easie concoction, and goodnes of iuyce that it breedeth, then from the strongnes of nourishment that it giueth, or the aforesaid similitude. In respect of all which, Veale, Mutton, and many other kinds of flesh are to be preferred before Porke. I confesse that Porke is to most peoples pallats very pleasing, and that it; so it be well digested, yeeldeth vnto the body much and firme nourishment; but it is with difficulty digested, and the nourishment thereof is too moist, grosse, glutinous, and obstructiue. Wherefore I will here aduertise all pallat-pleasers, that they shall sooner surfet, and that more dangerously, with pork, then with any other flesh: and that pork is good and wholesome for bodies that be young, strong, and exercised in great labour, and not disposed to oppilations,
for

for the cholericke, and them that desire to be fat. And of such, must *Galen* and other Physitians, that haue so greedily written in the commendation of Porke be vnderstood. And in very deepe, hot, healthy, and strong bodies, that vndergoe great labours, require (for the conseruation of their strengths) much firme and durable nourishment, such as Porke, in regard of the grosse substance of it, doth very effectually suppeditate. But seeing that Porke is of hard digestion, and in substance more grosse then conuenient, it is not good for them that be aged, that are grosse, that haue weake stomacks, or that lead a sitting or studious kinde of life. For in such bodies it causeth obstructions of the mēsaicke veines, liuer, and reines, the gowte and dropisie, especially if they shall be cold and moylt by constitution: for vnto such is Porke very greatly hurtfull, because in them it is wholly conuerted into crude and phlegmaticke humors. Wherefore let such as are phlegmaticke, aged, or subiect vnto obstructions, or haue weake stomacks, altogether abstaine from the vse of Porke. There is great difference in Porke according to the age of it: the best is that which is of the age from six moneths vnto a yeare, and not ouer-fat: for then it aboundeth more with superfluous moisture, nourisheth lesse, and is more fulsome to the stomacke.

Bacon is not good for them that haue weake stomacks: Bacon. For it is of hard digestion, & breedeth adust and cholerick humors. But for strong labouring men, and them that haue good stomacks, it is conuenient enough. A Gammon of Bacon is of the same nature, but not so good, for Bacon. it is of harder digestion, and the best vertue that it hath, is to commend a cup of wine vnto the pallat.

Brawne is in no wise an wholsome meate, for it is of Brawne hard digestion, and breedeth grosse and tough humors: If it be young, it is the better, for then it is the more tender and of calier concoction; yet neuertheless in regard of the crude grosseesse of it, it breedeth ill iuyce in the body. It is commonly eaten at dinner before other meate, which custome is very preposterous, for it letteth the good concoction

concoction and distribution of other meats. And because it is a meat of grosse iuyce and hard concoction, we commonly vse to drinke a draught of strong wine or Ale, presently after the eating of it, to helpe the digestion, but good wine is badly bestowed vpon such a meat, for howsoeuer it may heat and comfort the stomacke, yet it can neuer cause that meat to be conuerted into good nutriment.

Roasting-Pigs.

But it is worthy of enquiry, whether sucking Pigs, that are of most men greatly desired, which we commonly call Roasting-Pigs, yeeld good and wholesome nourishment to the body? The flesh of roasting Pigs is very moist and excrementitious; yet very pleasant to the taste, and easily digested: it is very wholesome for all cholericke and dry bodies, because the iuyce that is bred thereof doth excellently temper the ouer-much heat of cholericke bloud, and very profitably moisten the inward parts. But for the aged, and those that are phlegmaticke, and cold by constitution, it is greatly hurtfull: for by reason of the ouer-much moisture of it, it breedeth in them abundance of crude and phlegmaticke humors. And verily for the same cause there is not a better and wholesomer meate for hot and dry bodies; but in regard of the ouer-moist and slimie nature of it, a cup of good wine will doe very well with it, as Claret, for such as are hot and dry by constitution; but for other, Sacke is best agreeing with it.

Whether Venison of Fallow-Deere be wholesomer then that of Red-Deere? And whether the flesh of Conies be better then them both?

Venison, whether it be of Fallow-Deere, or of Red, is of hard digestion, and of ill iuyce; for it engendreth grosse melancholicke bloud, which quickly causeth obstructions of the Liuer and Milt. Wherefore let such as haue weake stomackes, and those also that are by constitution melancholicke, or subiect to obstructions eschew the vse of it. It is by good cookery somewhat bettered, and it was verily a good inuention for amending of the noisomnesse

neisomnesse of Venison, to drinke Claret-wine plentifully with it, because that wine causeth it to be the better digested, and is also of a contrary nature to the humor that Venison most of all breedeth. Both kindes of flesh are of a dry temperature, and therefore the fatter the flesh is, the better it is (especially to eat it cold, because that then the fatnesse of it, is not so fulsome to the stomacke as when it is hot) for the siccity of it being amended by the fat, is reduced vnto a certaine mediocritie in such flesh. And if they be well hunted before they be killed, their flesh is the wholesomer, for by often and long coursing of them, their blood becommeth more thin and subtile, and the euill humors dissipated, by reason whereof, the flesh is more easily digested, and yeeldeth better nourishment. The younger and the fatter Deere are to be chosen, because they are of a moister temperature, and consequently of a softer substance, of easier concoction, and of wholesomer nourishment. For if they be olde, or leane, they are of a very hard concoction, troublesome to the stomacke, and vnwholesome for the body, because they breed an earthy and melancholicke blood. I iudge the flesh of Fallow-Deere to be wholesomer then of the Red, for it is of a better sauour, and not of so grosse and hard a substance, and therefore of easier concoction, and of wholesomer iuyce. Some doe suppose Venison of Fallow-Deere to be of a middle nature betweene the flesh of Red-Deere and of Weathers; for after their iudgement, it is by so much moister, softer and easier of concoction then the flesh of Stags, as it is dryer, harder, and of more difficult concoction, then the flesh of Weathers: which opinion, because it hath some probability, I will not much contradict: onely I thinke that there is a neerer parity of nature betweene the flesh of Fallow-Deere, and of the Red, then there is betweene that of Fallow-Deere, and of Weathers: for in all respects, *ceteris paribus*, both for tenderesse of substance, calinesse of concoction, pleasantnesse and goodnesse of iuyce, the flesh of Weathers doth farre excell it, although some, by reason of the scarcety of Venison, may otherwile deeme.

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To the second question I answere, that a little fat Cony, is for goodnesse and wholesomnesse of meate, better then a great Bucke, for although Venison be of some greatly estimated and desired; yet notwithstanding the raritie and caritie of it, Rabbets are of a farre more excellent nourishment, and for goodnesse of meat, but little inferiour to the Capon: for they giue vnto the body a most wholesome, cleane, firme, and temperate nutriture. They are very easily concocted, and are good for euery age, and temperature of body, especially for the sieke, and such as leade a studious or delicate course of life.

Whether Hares are so profitable for meate, as they are delightfull for hunting?

Hares flesh is of a very dry temper, of a hard digestion, and breedeth melancholy more then any other flesh, which the blacknesse thereof conuinceth: wherefore it is not for the goodnesse of the flesh, that Hares are so often hunted, but for recreation and exercising of the body: for it maketh a very dry, thicke, and melancholicke bloud, and being often eaten, breeds *Incubus*, and causeth fearefull dreames. The younger are better then other, by reason that the naturall ficcidity of the flesh is somewhat attempered by the moysture of the age. And by the same reason the fattest are also best. They are scarcely commendable for any age or constitution; but most offensive to them that be aged, that are of a melancholicke temperature, or that leade a studious kinde of life.

Why is Goats-flesh accounted unwholesome, seeing that Kid is of a very commendable nourishment, as hath bene shewed?

THe wholesomnesse of Kids-flesh is in regard of the youngnesse of it; for as Kids grow to be Goats, their flesh acquireth a stinking fauour, and is also of a very tough and clammy substance: wherefore it is vnpleasant to the taste,

taste, hurtfull to the stomach, and breedeth a clammy, and fleamy nourishment; yet in the end of the Spring, and the beginning of Summer, they are better for meat, then at other times: for then, by reason of the great plenty of young sprigs and shoots, which yeeld vnto them fittest nourishment, they are fatter, and consequently of tenderer substance, of easier concoction, and of better nourishment. There are also diuers other kindes of flesh, which poore people in time of scarcety, are oftentimes constrained to make vse of; but because they are altogether vnwholsome, and alienate from the taste of wholsome meates, I will let them passe; onely I maruell, why frogs and snails, are with some people, and in some countries, in great account, and iudged wholsome food, whereas indeed they haue in them nothing else, but a cold, grosse, slimie, and excrementall iuyce: wherefore I conclude, that they are altogether vnwholsome, and that the custome of eating such meate is naught, and that they haue very corrupt stomachs, that desire such corrupt meates.

And thus much of the flesh of beasts. Now I will entreat of fowles, and first of such as are tame.

Whether doth the Capon, for goodnesse and wholsomnesse of flesh, excell all other domesticks Fowles?

THe Capon being fat and not old, is generally for all Capon bodies, and in all respects, for wholsomnesse of meat, the best of all Fowles: for it is easily digested, and acceptable to the stomacke, and maketh much, good, firme, and temperate nourishment, almost altogether free from excrement.

Hens, if they be young, and meanely fat, are also of easie Hens concoction, and of very good and excellent nourishment, euen equall to the Capon; but the nourishment which they make, is not altogether so strong. To conclude, Hens and Capons, deserue one and the same praise of breeding good and perfect bloud. They are very agreeable for euery season, age, and constitution.

I

Chickens,

Chickens.

Chickens, both for pleasantness of iuyce, and easinesse of concoction, are very gratefull to the stomacke; for there is not any flesh of lighter digestion, or more agreeable with all natures. They giue a pure and light nourishment, and therefore they are best for them that liue a daintie kinde of life, for weake stomacks, for them that be sick, or weake, and sickly by nature. They are the best, that are growen somewhat great (especially the Pullets) because they are somewhat of a firmer nourishment; but the male ones, which are called Cockrels, when they are growen big, are not so good, and the greater they are, by reason of their salacity, the worse they are, because they are of harder concoction, and not of so pleasant and well-fauouring iuyce: wherefore their stones are taken from them, and afterwards, as they grow in good plight of body, their flesh is of all Fowles the best and wholsomest for Students, and such as liue delicately, or are by nature weake and sickly: for it is very easily digested, and yeeldeth much, temperate, and excellent nourishment.

Ginnies; or
Turkies.

The flesh of Turkies, is of a temperate nature, of pleasant taste, not of hard concoction, of much, good, and firme nourishment, agreeable to euery age and constitution. If the legs and hinder parts of them were, for easinesse of concoction, and goodnesse of meat, answerable to the breast and fore-part, and the fat also proportionable to the flesh in goodnesse, they were scarcely inferiour to the Capon; but the fat is grosser, and of worse concoction, then of any other Fowle, very offensive to the stomacke, and hurtfull to such as haue the gout, or subiect vnto a defluxion of humors. But although the fat be not commendable, yet the flesh of the fat Turkie is best, and most wholsome, because it is of easier concoction, and of more pure and temperate nourishment. They are to be chosen from the age of six moneths, vnto a yeere and halfe, but they of eight, nine, or ten moneths old, are the best; for if they be vnder the age of six moneths, then their flesh is too crude and excrementitious, but most of all hurtfull vnto moyst and full bodies, and such as are subiect vnto the falling
downe

downe of humours into the legs and feet. And if they be about a yeere and halfe old, then their flesh is of harder substance, and consequently of more difficult concoction, and of worser nourishment: and therefore most vnfit for weake stomachs and infirme bodies.

The flesh of Peacocks is of hard substance, of euill temperament and nutriment: for it is hot and drie, digested with difficulty, and breedeth a thicke and drie melancholike blood: wherefore it is a conuenient meat for them that haue strong stomachs, and that vse great labour, for it yeeldeth vnto such a strong and fit nourishment. They are best to be eaten in the winter, and if after that they be killed, they be hanged in a cold place, three or foure dayes, or longer, if it be in a cold and dry season, the hardnesse of their flesh, which is more then of any other Fowle, will be somewhat amended. Those that are very young, and not about a yeere old, are the best: for as they are of a more soft and tenderer substance: so also they are of easier concoction, and of wholsomer iuyce. They are very hurtfull to the melancholike, and to such as liue an easie kinde of life.

Pigeons are of an hot temperature & of easie concoction: they breed an inflamed blood, and extimulate carnall lust: wherefore they are not commendable for those that be cholericke, or enclined vnto feuers: they are good for old men, and very wholsome for them that be phlegmaticke; but being boyled, they are wholsome enough for all hot and cholericke bodies, because the heat of them is tempered by the moysture of the water. They are most conuenient for cold seasons. It is very good, when you eate them roasted, to stufte them with sowre-grapes, or vnripe-goose-berries, and to eate with them the sowre-grapes or berries, in manner of a sawce, with butter and a little vineger also, if it shall not be sharpe enough of the berries, because the sowre grapes or goose-berries, doe excellently qualifie and temper the heat of them: and being this way vsed, they are also the more agreeable for hot and dry bodies. The eating of Pigeons in time of the plague is much commended, be-

cause they are thought to make a man safe from infection : which thing verily is not repugnant to reason , for they breed a strong, hot, and somewhat a thicke bloud. They are best to be eaten, when they are almost ready to flie, and before their heads be pulled off, let them bloud with a knife vpon the inner side of the wings, for by that meanes their vehement heat will be somewhat abated. The old Doues, both for their very great heat and drineffe, and also for their hardnesse of digestion, are to be eschewed.

Whether doth the Pheasant for sweetnesse and wholesomenesse, excell all other wilde and syluestriall birds ? And whether the Teale all other water-fowle ?

THe Pheasant is in all qualities temperate, of easie concoction , and comfortable to the stomacke , and of much and excellent nourishment, very profitable for every age and constitution. For sweetnesse and pleasantnesse of taste it excelleth all other Fowle, and for nourishment, is of a meane betweene the Capon and the Partridge: verily, for goodnesse and pleasantnesse of flesh, it may of all syluestriall Fowle, well challenge the first place at tables, for it giueth a most perfect and temperate nourishment to them that be healthy, and to the weake, sickly, or that are vpon a recouery vnto health , there is not so profitable a flesh, for it is very delightfome to a weake stomacke, and quickly, by reason of the pure and restaurative nourishment, which it giueth, repaireth weake and feeble strengths: wherefore, for bodies that are naturally leane, weake, or extenuated by long sicknesse, it is farre better then the flesh of any other Fowle.

Partridge,

Next to the Pheasant, for goodnesse of meat, is the Partridge, so it be young : for the flesh of old Partridges, is neither to the pallat, nor stomacke, very welcome, especially if they be not fat, for it is of a very dry temperature, of hard concoction, and of a dry and melancholike nourishment : wherefore they are in no wise conuenient for the melancholike, or such as are subiect to costiueneffe : But the

the flesh of them that be young, is of a laudable temper, of easie concoction, and very acceptable to the stomacke, it yeeldeth very good nourishment, which impinguateth the body, helpeth the memory, encreaseth seede, and exci-
teth *Venus*: They are conuenient for euery age and constitution; especially for them that haue moyst stomackes, that are subiect to fluxes, and that are *in statu conualescentia*. The young ones, that are taken euen as they are ready to flie, and afterwards fatted, are the best, for they make a pure and excellent nourishment. They are onely hurtfull to Country-men, because they breede in them the Asthmaticke passion, which is a short & painfull fetching of breath, by reason whereof they will not be able to vndergoe their visuall labours. Wherefore, when they shall chance to meet with a Couie of young Partridges, they were much better to bestow them vpon such, for whom they are conuenient, then to aduenture (notwithstanding their strong stomacks) the eating of them, seeing that there is in their flesh, such an hidden and perillous antipathy vnto their bodies.

Quailes are not for goodnesse and pleasantnes of meat *Quailes*: so wholsome as they are accounted, for they haue in their flesh much moist and excrementall iuyce, by reason whereof they quickly putrifie in the stomacke, and make a bad nourishment. But they are corrected, by baking them well seasoned with pepper, cloues, and salt. Some haue iudged them, by reason of their great moysture, to bee onely profitable for melancholike bodies, but their colour and taste, proue their nourishment to be rather quickly conuerted into melancholy; except you wil, that their flesh haue a certaine kind of force against melancholy, by reason of a great desire, that these birds haue to feed vpon Hellebor, which is a purger of melancholy. But yet for all this, you shall not haue my assent, that they are good for melancholicke bodies, because the *incommodum* will be *maius*, *commodo*, as by that which shall be by and by shewed, may be collected. In my opinion, they are best agreeable to them that bee cholericke, and most hurtfull to the aged, and to all colde, moyst, phlegmaticke, & paralyticke bodies. Some there are,

that affirme Quails, by reason of some malignity in their nature, to be worse then any other fowle, & scarcely wholesome for meate, which malignity they acquire by feeding vpon Hellebor, which they greatly desire, and other venomous seeds : and *Plinie* writeth, that they alone, of all liuing creatures besides man, suffer the falling sicknesse. Whereof they conclude, that the vse of them engendreth the crampe, a trembling of the limbes, and falling sicknes. To that which others haue studiously obserued concerning the nature of these Birds, I may well assent, seeing that euen the very colour, temperature, and sauour of their flesh doe confirme the same. But there are few (I thinke) that would feare to incur the aforesaid hurts, by eating of them, if they might haue them. Indeed the scarcity of them vpholdeth their reputation, and the hurts that come by the seldome eating of them are not sensible, but to the curious Indagator and Obseruer of things ; but if they had their fill of them, as they haue of any other common flesh, they would out of their experience esteeme of them no better then they do deserue. But to preuent and amend, in some measure, the naughty nature of them, it shall be good to nourish them some time in a conuenient place, with good and wholesome seedes, and afterwards to bake them, as aforesaid.

Railes.

Railes are of light digestion, and of wholesome nourishment, they are good for euery age and constitution, especially for them that be phlegmaticke.

Turtle-Doues.

The flesh of Turtle-Doues is of a dry temperature, and therefore if they be old, it is of hard concoction, and breedeth a naughty melancholicke bloud. But the flesh of them that be young, and not about a yeere old, is acceptable to the taste of easie concoction, and of very good nourishment, but most profitable for moyst and phlegmatick bodies. It is thought to haue an excellent property of comforting the braine, and quickning the wit.

Black-Birds.

The Black-Bird or Owle that is fat, is greatly commended for pleasantnesse of taste, lightnesse of digestion, and goodnesse of nourishment.

The

The Thrush that is of a darke reddish colour, is of the Thrush. same nature: they are best in the winter, and are conuenient for euery age and constitution of body, especially for the phlegmaticke.

Larkes are of a delicate taste in eating, light of digestion, Larkes, and of good nourishment, they are good for all constitutions, but best for the phlegmaticke.

Woodcocks are of easie concoction, and of indifferent Woodcocks. good nourishment. Some iudge them to approach somewhat neere vnto the nature of the Partridge, and therefore is of them called the rusticke Partridge, but the flesh of the Woodcocke is more excrementall then of the Partridge, more inclining to melancholy, and of a more ingratefull saour.

The Snite, for goodnesse of meat, is inferiour to the Snite. Woodcocke, for he is of a more vnpleasant saour, of harder concoction, and giueth to the body a more excrementall and melancholicke nourishment. Both the Snite and Woodcocke are least of all profitable for them that be melancholike.

Heathcocks are of much, and laudable nourishment, Heath-cocks. and also of easie concoction: they are conuenient for euery age, and temperature of body.

Fieldfares are of a dry and melancholicke substance, and Fieldfares. therefore neither for concoction, taste or nourishment commendable.

Sparrowes are of an hot temperature, of hard conco- Sparrowes. ction, and of euill iuyce, especially if they be eaten roasted, for then they make a dry, cholericke, and melancholicke nourishment. But being boyled in broth, they become wholesome, and the broth restorative.

Linnets are both for lightnesse of digestion, and good- Linnets. nesse of meate better then Sparrowes.

The Crane is of an hard and fibrous substance, and of a Crane. cold and dry temperature: wherefore the flesh is of very ill and melancholicke iuyce, of very hard concoction, and of much more excrement then nutriment. After that he is killed and exenterated, it is good to hang him vp a day
or

or two before he be eaten, for by that meanes, the flesh will be the more tender, and lesse vnwholsome.

Bustard. The Bustard, if he be leane, is in temperament, excrement, and euilnesse of iuyce, very like vnto the Crane. But being fat, and kept without meat a day or two before he be killed, to expulse his ordure, and then extenterated, and hanged as the Crane, and afterwards baked, well seasoned with Pepper, Cloues, & Salt, is for them that haue strong stomacks a good, fit, and well nourishing meat.

Heron. The Heron is of a very hard and fibrous substance, it is hardly digested, and breedeth an ill melancholicke bloud. Morcouer the flesh is of a fishie sauour, which in flesh, is a note of greatest prauity. But the young Heronshewes are with some accounted a very dainty dish: indeed they are of a more tender flesh, and consequently of lighter digestion, and better nourishment, if there be any good in them at all; but I leaue them, and commend them vnto such as are delighted with meats of strange and noysome taste.

Byttour. The Byttour is also of hard concoction, of euill taste, and also of vnprofitable and excrementall iuyce.

Storke. The Storke is of hard substance, of a wilde sauour, and of very naughty iuyce: for hee feedeth vpon venomous wormes, &c. which he taketh vp out of the waters: and therefore let him be excluded from tables.

Oxen and Key, Puet, Red-shanke, &c. Those little Birds, which by an Antiphrasis, are called Oxen, and Key, the Puet, the Red-shanke, and such like as liue vpon the Sea-shores, are by reason of their fishy sauour to be reiected, as vnwholsome and nauseous to the stomacke. They may (perhaps) please the pallate of such as accustome the eating of them, and respect not how they fill their bodies with meats of putride & obnoxious iuyce. But I aduise all such as are studious of their health, that are aged, infirme, or that leade a sedentary course of life, vtterly to abandon meats of such strange noysome taste, and vnwholsome nutriture.

Seagull, or Meaw. The Seagull, or Meaw, is to be reiected as all other kinds of flesh of a fishie sauour: for he is of a very ill iuyce, and

is

is not onely vnpleasant, but also very offensiuē to the stomacke.

Teale, for pleasantnesse and wholsomnesse of meate, ex-^{Teale.} celleth all other water-fowle: for it is easily digested, acceptable to the stomacke, and the nourishment which it giueth is very commendable and good, lesse excrementall, then of any other water-fowle. It is conuenient for euery age and constitution, and commendable also euen for them, that be weake and sickly, and so is not any other water-fowle.

The Radge is next vnto Teale in goodnesse: But yet Radge, there is great difference in the nourishment which they make; for that which commeth of the Radge, is much more excrementall then that of the Teale. Neither is the Radge so pleasant to the taste, nor by much, so acceptable to the stomacke, as is the Teale.

Plouer is of some reputed a dainty meat, and very whol-^{Plouer.} some; but they which so iudge, are much deceiued: for it is of slow digestion, increaseth melancholy, and yeeldeth little good nourishment to the body. The like may be said of the Lapwincke. But the Plouer for goodnesse of meate^{Lapwincke.} shall haue the precedence, and be next to the Radge.

Wigeon and Curlew are of hard digestion, and of a dry^{Wigeon.} and melancholicke nourishment: they are good for them^{Curlew.} that liue neere to moores, and that haue no better meate.

The flesh of the Fenducke, or Moore-hen, seemeth for^{Fenducke,} the fatnesse of it commendable; but it is of hard concocti-^{Moore-hen.} on, and of grosse and excrementall iuyce. Those that are healthy, and haue strong stomacks, may boldly eate thereof; but I wish other to beware of it.

Ducks, whether tame or wilde, are in no wise commen-^{Ducks.} dable; for they chiefly feede vpon the very filth, and excrementall vermine of the earth. The flesh of them is neither for smell or taste commendable: it is fulsome and vnacceptable to the stomacke, and filleth the body with obscure and naughty humors. The flesh of domesticke or tame Ducks, giueth much, grosse, and somewhat an hot nourishment, but very excrementall. The flesh of the

Ducklings. wilde ones is of a colder temper, and not so excrementall: they are onely conuenient for strong and rusticke bodies. But the Ducklings that are well fed with wholsome graine, are of lighter digestion, more gratefull to the taste, and of wholsomer nourishment; yet let olde men, and such as are phlegmaticke, or haue weake stomacks, beware how they vse them.

Goose. The flesh of stuble Geese is of very hard concoction, of an ingratefull sauour, and of grosse, melancholicke, and excrementall iuyce. But the young Geese, which are commonly called greene-Geese, are of lighter concoction, of better taste, and of wholsomer iuyce, especially if they be fattened with wholsome graine. They are best agreeable to cholericke bodies; but they are not good meate for olde men, for them that be cold and moist by constitution, or haue weake stomacks.

Swan. The Swan in digestion and nutriment, is very like vnto the Goose; but as he is greater then the Goose, so is he also of a more heauy, grosser, and more difficult substance to be digested. He yeeldeth best nourishment being baked and well seasoned with pepper, cloues, and salt. It is a strong melancholick meate, and therefore conuenient for them that vse great labours, and haue strong stomacks; but not for them that be aged, or liue a restfull and delicate course of life. Thus much of Fowle. Other also there are, which (because they are seldome in vse) I omit: and for them therefore let this suffice, that there is no small difference betweene those that liue in marish places, lakes, or standing pooles, and them that wander and feede vpon hills, or other dry places: for according to the nature and temperature of the places, the flesh not onely of Fowle, but also of beast, is either competently drie, and free of excrements, and easie to be digested, or moist and excrementiall, and hard to be digested.

Whether

Whether the parts of Beasts and Fowles, besides the flesh, as the Braine, the liver, the heart, &c. give good and profitable nourishment to the bodie?

THe braine is phlegmatick, and breedeth a cold grosse Braine. nourishment: by reason of the fullsomnesse of it, it is soone offensiue to the stomacke, causeth lothsomnesse, and ouerthroweth the appetite. It is best agreeable to those that are cholericke, that are young, and haue hot stomackes; but to old men, and such as are phlegmaticke, it is very hurtfull: pepper is the best correctory for it. The braines of those beasts or fowles that are of a drie temperature, especially if they liue in hilly and dry places, are for nourishment the best, because there is not in them, that plenty of excrementall moisture, as there is in the braines of them that are of moist complexions. The braines of Calues, Conies, Hares, Woodcocks, and Snites, are in greatest vse and account; but the Conies braine is for temperature the wholsomest. The braine of the Hare is said to be good against the trembling and shaking of the limmes: I know not whether by reason of the siccity of it, or of any hidden propriety; but seeing that the Hare is of a very melancholicke and timorous nature, I thinke the braine of any beast or fowle of a dry temperature, to be so good, if not better, against any paralyticke or trembling infirmity of the limmes, as the braine of an Hare.

The Eyes are of a cold and moist temperature, of light Eyes. digestion; but by reason of the pituitous fatnesse of them, they are fullsome and offensiue to the stomacke. They make an ill and excrementall nourishment: they are best agreeable to such as haue hot and cholerick stomacks, but to the phlegmaticke, and them that haue cold stomackes, they are very noysome. The Eyes of a Calfe are the best.

The Eares are of hard digestion, and of very little nourishment; for they consist of nothing else but gristle and skinne.

Marrow is much more laudable then the braine; for it Marrow.

is sweeter and pleasanter, of a firmer substance, and of an hot and moyst temperature. It maketh much, good, and pure nourishment : it increaseth the geniture, and excellently sustaineth, and restoreth, the vitall moylsture. Moreover, it mollifieth the passages of the throat, and lenifieth the asperity of it, and delighteth the stomacke, so that it be moderately taken ; but if it be immoderately vsed, it mollifieth and relaxeth the stomacke, taketh away the appetite, and induceth a disposition to vomit.

Tongue.

The tongue is of a spongy & temperate substance, of easie concoction, and of good nourishment, especially about the roote : for there the flesh is sweetest. It is an wholesome meat for every age and constitution.

The maw and bellies of beasts.

The maw and bellies of beasts are of an hard, skinnie, and tough substance, they are hardly digested, and yeeld a cold and grosse nourishment : yet some are well pleased with a fat tripe, and account it a very good meat : and indeed so it is for them that be giuen to great labours, and that haue hot and strong stomackes ; for in such kinde of men, it is not much to be regarded, how wholesome the meat be, so it fill the belly, and conserue the strength. But to them that leade a studious kinde of life, that are by constitution phlegmaticke, and melancholicke, or haue weak stomackes, a tripe (though fat) is very offensive : for beside that it is of hard digestion, and of ill iuyce, it is of an vnpleasant sinell and taste : and therefore noysome to the stomacke.

Gysard of Fowles.

The Gysard or Maw of Fowles, as of the Goose, Hen, &c. is likewise of hard digestion, and of no commendable nourishment.

Wings.

The wings of Fowles that are young and fat, are of easie concoction, and of wholesome iuyce, but of such as are olde and leane, they are of a hard digestion, and of a dry and melancholicke nourishment.

Liuers.

The Liuers of Beasts, that are full growne, are of ill nourishment, for they are hardly digested, slowly distributed, and breed grosse humors. But the Liuers of them that be sucking are better, for they haue a moyster temperature :
and

and therefore they are of easier concoction and distribution, of pleasanter taste, and of better iuyce. But they are not good for them that haue weake stomackes, or subiect to the obstructions thereof, or of the Liuer, Melt, or mesaraicke veines. The Liuers of Fowles, as of a Goose, Pheasant, Hen, Capon, Turkey, &c. are of a good temperature, of pleasant taste, of easie concoction, and of much and commendable nourishment, especially the Liuers of Hens, Capons, Caponets, and Pullets, which if the meate wherewith they be fatted, bee tempered with milke, then their liuers are of an excellent temperature and nourishment. They are conuenient for euery age and temperature of body.

The Heart is somewhat of an hard substance, and there-
fore it is not very easily digested; but when it is well digested, it maketh a durable and commendable nourishment. The heart of a fat Calfe is for pleasantnes of taste, easinesse of concoction, goodnesse of temperature, and salubrity of iuyce, the best.

The Lights are of light digestion, and of little nourishment, and the same not good, but phlegmaticke.

The Melt is altogether vnwholesome for meat; for it is hard of digestion, and breedeth a very bad and melancholicke blood, and therefore to be reiected.

The Kidneies are in no wise commendable, but for the fat annexed vnto them, for otherwise they are of very ill iuyce, of vnpleasant taste, and of hard concoction. The kidney of Veale, by reason of the pleasantnes and tender-nesse of it, is farre more nutritiue, and more wholesome then of any other flesh. The kidneies of beasts that are full grown, especially if they be of big stature, are of no good nourishment, for they are of very hard concoction, and of a rancke and naughty iuyce.

The Vdders of beasts are not easily digested, they make a grosse phlegmaticke blood: wherefore they are not good for them that liue at ease, for the phlegmatick, nor any that haue weake stomackes, or subiect to obstructions. Being well digested, they nourish much, and therefore they are

a conuenient meat for them that haue good stomacks, and a strong naturall heat to digest. The vdders of Cowes are for pleasantnesse of taste, and goodnesse of nourishment the best.

Feete.

The feete of Beasts doe giue a colde and clammy nourishment, which quickly stoppeth vp the veines. *Galen* commendeth the feete of Swine; but Calues feete and the feete of roasting Pigs are of easiest concoction, and of purest nourishment: They are very good for dry bodies, because in an hot stomacke they digest well, nourish much, and they moysten the solide parts, not with a light, but a clammy and good nourishment: and for the same cause, the vse of them (especially of Calues feete) is very profitable in consumptions and rupture of veines; but there must be good heede taken, that they bee exactly boyled, euen vntill that (by reason of tendernesse) one part is dissolued from another: for else they are of harder concoction, and not of so good nourishment. They are very hurtfull vnto moyst and phlegmaticke bodies, and such as are subiect vnto the Gout and winde chollicke. The feete of a Bullocke or Heifer, which we commonly call Neats feete, tenderly sodden, and layed in sowce, and afterwards eaten colde, are accounted very good meate; and so they are for a cholericke stomacke, because they make a colde and tough nourishment, alwayes foreseene, that they be eaten before other meat. But to them that haue cold stomackes, although they may be well liking vnto them, they are in no wise agreeable.

OF



OF FISH.

SECT. IV.

Whether the much and often use and eating of Fish be unwholesome, and hurtfull to the health of the body?



IT is because fish increaseth much grosse slimie and superfluous flegme, which residing and corrupting in the body, causeth difficulty of breathing, the gout, the stone, the leprosie, the scurvie, and other foule and troublesome affects of the skin.

Wherefore I aduise those men that are much delighted with the use of fish, that they be very carefull in the choise of it, as that it be not of a clammy, slimie, neither of a very grosse and hard substance, nor oppleted with much fat (for all fat is of it selfe ill and noysome to the stomacke; but of fish it is worst) neither of ill smell, and vnpleasant sauour. Wherefore of Sea-fish, that is best which swimmeth in a pure Sea, and is tossed and hoysed with winds, and surges: for by reason of continuall agitation, it becommeth of a purer, and lesse slimie substance, and consequently of ealier concoction, and of purer iuyce. And for the same cause, the fish that is taken neere to a shore that is neither earthy nor slimie, but rockie and stony, is also best: for the fish that abides in a slimie shore, is of harder digestion, and of a more slimie and excrementall substance. The fish also that betaketh it selfe from the Sea, into the mouthes or entries of great riuers, and so swimmeth towards the fresh waters, doth quickly become better or worse: for if they be carried in slimie and muddie riuers, they forthwith loose much of their goodnesse; but if

The choise
of fish.

if in pure, grauelly, and stony riuers, then the farther off they be remoued from the Sea, the better they are : for by reason that the water is contrary to their course, they are the better cleansed from their slimie superfluities. Of fresh-water-fish also that is best, which is bred in pure, stonie, or grauelly riuers, running swiftly. For that which is taken in muddie waters, in standing pooles, in fennes, motes and ditches, by reason of the impurity of the place, and water, is vnwholesome ; for it breedeth a very slimie and excrementall nourishment, very greatly hurtfull vnto them that are subiect to the gout, and stone, and obstructions of the breast. Thus much in generall concerning the choise of fish. Now I will briefly speake of the particular kindes of fish that are most common and in greatest vse, and first of Sea-fish.

Sole.

The Sole is somewhat of an hard substance, and yet of easie concoction, and free from excrement, in respect of other fish. For whitenesse and purity of substance, pleasantnes of taste, and goodnes of iuyce, it far excelleth all other Sea-fish; and therefore may well be termed the Sea-Capon. The Sole verily is to be reckoned among the meats of primest note ; and for such as are infirme and sicke, *Non magis expetitur quam salutaris cibus.*

Plaice.

The Plaice is pleasant to the pallate, easily digested, and in the iudgement of some men a good fish ; but in my opinion, it giueth a watrish and excrementall nourishment, especially if it be not well growne to a substantiall thicknes. It is best agreeable to them that are by constitution cholericke ; but to the phlegmaticke it is very hurtfull, because it aboundeth with a phlegmaticke iuyce. The Dabbe or litle Plaice is of the same nature, but more excrementall.

Dabbe.

Flounder, or
Flocke.

* That are very tender
mouthed.

The Flounder is in taste, digestion, and nourishment like vnto the Plaice, especially if he be young. * Some deeme this fish not so pleasant in taste, nor so good in nourishment, as the Plaice, but by their leaue, if it be grown to a good thicknes (*nam quo grandior eo melior*) by reason of a firmer substance which it acquireth, I rather thinke
that

that it giueth a better then a worse nourishment, because it lesse aboundeth with a slimie superfluity.

The Gurnard is of harder digestion, then any of the former: some are red, and some grey: in respect of the colour, there is little difference, if there be any, the red is the better: both giue a good nourishment, and nothing slimie: and therefore they are much better for them that are phlegmaticke, then the Plaice, or Flounder.

The Whiting, notwithstanding that it is vnfaourie, Whiting: and nourisheth very little, is of some greatly desired, and commended; verily it is easily digested, and the nourishment which it maketh, although it be little, yet it is good, and very little excrementall.

The Breame is somewhat acceptable to the palate, of Breame. easie digestion, and of meetly good nourishment, somewhat excrementall. It is best agreeable for cholerick bodies, and worst for phlegmaticke. Some loue to eat the eyes of the Breame; but they are very excrementitiall; and so also are the eyes of any other fish.

Shad and Mackrell are both sweet in taste, and soft in substance; yet not very wholesome, for they quickly induce a loathing noysomnesse to the stomacke, and breed an excrementall nourishment. They are conuenient for labouring men, and for them that haue strong stomackes. Shad and Mackrell.

Dogge-fish and Hake are neere of a nature, not of hard concoction; but yet scarcely of laudable nourishment, for they increase somewhat crude and watrish humors. Dogge-fish and Hake.

Codfish for whitenesse of colour, and moderate hardness, and friability of substance is commended: it is easily digested, and yeldeth a meetly strong nourishment; and not very excrementall. Cod-fish.

The Haddock is pleasant to the taste: it is in nature somewhat like vnto the Cod; but it is of lighter concoction, and not of so firme and durable nourishment. Haddock.

Mullet is a fish somewhat of an hard substance; yet if it be taken in a grauelly and stony shore, is not of hard digestion, is of pleasant taste, and of meetly nourishment. Mullet. But if it be taken in a muddy or slimie water, it is not so

easily digested, is hurtfull to the stomacke, and breedeth grosse and excrementall humours. Of Mullers, the lesser are best, for they are of easier concoction, and of better iuyce.

Base.

The Base is in goodnesse of iuyce inferiour to the Mullet, for it is of harder concoction, and breedeth a more grosse and slimie nourishment. Both Mullet and base are agreeable for them that are of hot temperature, and haue strong stomackes.

Sammon.

Sammon is ranked with the best sort of fish, it is very pleasant to the taste, and not very hard to be digested, it maketh a good nourishment, in consistence, neither clammy nor grosse; but yet it quickly oppresseth a weake stomacke: wherefore let such as are infirme, or haue weake stomacks, so carefully moderate their appetites, as that the iucundity of it, entice them not to a perillous and nauseous fulnesse. The belly is to be chosen before any other part, because it is tenderer, and of a more sweet and pleasanter taste. The eyes of a Sammon are farre wholsomer then the eyes of any other fish.

Sammon-Peale.

The young Sammon, or Sammon-Peale, is farre better then that which is greater, or fuller grown: for it is of a softer and whiter substance, of a pleasanter relish, of easier concoction, more acceptable and agreeable to the stomacke, and of very good and wholsome nourishment. The salted Sammon loseth much of his goodnesse and pleasantnesse of taste, and is therefore for wholsomnesse of meate, very much inferiour to the fresh.

Turbut.

Turbut or Birt is meetly pleasant to the taste, and if it be well digested, it maketh a good and firme nourishment: it is somewhat of an hard substance, and therefore not easily digested. It is a very good meat for such as are healthy and haue strong stomackes, but for the aged, for them that be phlegmaticke, and that haue weake stomacks, it is very inconuenient and hurtfull.

Sturgeon.

Sturgeon is a very acceptable dish, and best welcome at Tables. It may be much doubted, whether it be so greatly esteemed for the rarenesse of it, or for the goodnesse of meate,

meate, or for that it is pleasant to the pallat, and induceth withall a smoothing delectation to the gullet. I will plainly deliuer my opinion, whatsoeuer the sensuall Palatist shall deeme. The flesh of the Sturgion, is of it selfe, of a whitish, and meetly pure substance, and consequently of laudable nourishment, if it were not intermixed with a grosse and nauseatiue fat, by reason whereof it is not easily digested, and is quickly offensive to the stomacke, and maketh a grosse and clammy nourishment. Wherefore let such as are aged, and that haue cold and weake stomacks, carefully reframe the vse of it. It is most accomodate for the hot season of the yeere. The little or young Sturgion, is farre wholsomer then the greater, for he is of tenderer substance, of pleasanter taste, of easier concoction, and of good nourishment, if you separate most of the fat, which subuerteth the stomacke, and breedeth a grosse and clammy humor. The belly of the Sturgion is, euen as of the Sammon, to be preferred before the other parts. The Sturgion, not onely which is great and full growne, but that also which is little, and somewhat tender by age, is very hurtfull vnto them that are troubled with rheumes, and articular griefes.

The Hallibut is a big fish, and of great accompt: it is of Hallibut. a white, and somewhat of an hard substance, and therefore not easily digested; but it is very pleasant to the taste, and for goodnesse of meat not inferiour to the Sturgion. The belly part, euen as of the Sturgion, is the best. It is a conuenient meat for young men, and for hot cholericke bodies; but for old men, for the phlegmaticke, and them that haue weake stomackes, it is very hurtfull.

Dorie is for substance of flesh almost of a meane consistence, yet not very delectable to the pallat. It giueth a meetly good nourishment; but it is not good, especially the much eating of it, for them that be phlegmaticke, or haue weake stomackes, or that are subiect to the gout and stone, because it breedeth somewhat a grosse and phlegmaticke iuyce.

The Allowes is taken in the same places that Sammon Allowes. is, it is meetly pleasant to the taste, yeeldeth much, and

somewhat a thicke nourishment, yet not ill, so it be well concocted in the stomacke; but it is of hard concoction, wherefore it is hurtfull to them that haue weake stomacke, and that are by constitution phlegmaticke and melancholike. The Allowes that tarrieth, and is taken in sweet waters, is wholsomer then that of the Sea, for it is fatter, of tenderer substance, of easier concoction; and of better fauour.

Guilt-head.

The Guilt-head or Goldine is whiter, and not altogether of so hard a substance as the Allowes, and therefore it is of easier concoction, and also of better nourishment. The Guilt-head is not in season, but in the winter, for then he is sweeter in taste, then at any other time, and is conuenient for euery age and temperature of body.

Calaminary,
or Sea Cut,
Cuttle-fish,
Poure-Cuttle.

The Calaminary, the Cuttle-fish, and Poure-Cuttle are euen of one and the same nature, they are of hard concoction, and fill the body with crude and grosse humors. They may in want of better meat, serue for Mariners, and rusticall bodies, who through the strength of their stomackes and great labour, are able to conuert any grosse meate into good nourishment. The small ones excell the great, because they are of a more tender flesh, and are with lesse difficulty digested. They are all hurtfull to them that haue weake sinewes, and subiect to the palsie.

The Wolfe-fish.

The Wolfe-fish is of a cold and moyst temperature, of pleasant taste, and of easie concoction. It breedeth a cold, thin, and waterish iuyce, and therefore let such as are phlegmaticke and rheumaticke, perpetually shun the vse of it.

Lompe-fish.

The Lumpe or Lompe, is a fish so named from his shape and likenesse, and is in taste agreeable to the name: it is of hard concoction, and of grosse and excrementall iuyce.

Conger.

The Conger is a long round fish, in shape like vnto a great Eele, and is therefore called the Conger-Eele: It yeeldeth a grosse and excrementall nourishment, as the common Eele doth. It is a meat, notwithstanding that it is to most mens pallats well-pleasing, conuenient onely for such as haue strong stomacks, and that are of a firme state of body. To the phlegmaticke, to them that haue weake stomacks,

Stomacks, or subiect to the dropic, gout, and stone, it is very hurtfull.

Lampreyes are of some greatly esteemed, but very vn-worthily, for they are partly of the nature of Eccles; yet somewhat wholsomer, because they are not of so clammy and so grosse a substance. They are pleasant to the taste, but not easily concocted. They giue much nourishment, but the same somewhat clammy and tough: wherefore they are not fit for them that haue weake stomackes, or are subiect to obstructions. They also encrease melancholy, and are very hurtfull to such as are troubled with the gout, and that haue weake sinewes. The small Lampreyes are better then the great, for they are not of so tough substance, and therefore of easier concoction, and of wholsomer nourishment.

Thornbacke is a fish of moyst substance, of grosse, excrementall, and putride iuyce: whereby it commeth to passe, that it is a meat of ill smell, vnpleasant sauour, vn-wholesome nourishment, noysome to the stomacke. The vse thereof breedeth colde diseases, and the Epilepsie very speedily, if it be eaten hot: which noysome quality doth (as I thinke) in cooling, somewhat euaporate, and sooner arise being eaten hot, for that it is so moyst a fish, and full of superfluity. It is a meate onely fit for hard labouring men.

The Tuine, Porpuise, and such like great and bestiall fishes, are of very hard digestion, noysome to the stomacke, and of a very grosse, excrementall and naughty iuyce.

Herrings are somewhat pleasant to the taste, yet not very wholsome, as it is often proued by them, who through eating of fresh Herring quickly surfer, and fall into feuer. The salt or pickled Herring, is of harder concoction, and giueth a saltish and vnprofitable nourishment. They are good for them that want better meat.

The Pilchard is of like nature to the Herring; but, as it is of pleasanter taste, so it also sooner cloyeth the stomacke with a nauseatue fullness.

Red Herrings and Sprats giue a very bad and adusted nourishment,

nourishment, they are onely good to excite thirst, and to make the drinke very acceptable to the paller and throat. They are hurtfull to them that are by constitution cholericke and melancholicke.

Anchoua's.

Anchoua's, the famous meat of Drunkards, and of them that desire to haue their drinke oblectate the paller, doe nourish nothing at all, but a naughty cholericke bloud: they excite the appetite, and by reason of their saltish acrimonie, are also thought to cleanse phlegme from the stomacke and intestines. Wherefore they may be conuenient for the phlegmatick; but in my opinion, the speciall good property that they haue, if it be good, is to commend a cup of wine to the paller, and are therefore chiefly profitable for Vintners.

Shell-fish.

In shell-fish it is to be obserued, that some are of soft substance, and are easily digested, some of hard substance, and with more difficulty concocted; but are of firmer and better nourishment.

Oysters.

Of all shell-fish, Oysters are of a very moist and soft substance, and therefore easily digested, and least offend the stomacke, except they be taken, as we commonly say, against stomacke: and by reason of the saltneesse of their iuyce, they also make the belly soluble; but they giue a light, salt, and phlegmaticke nourishment: and therefore they are not onely very hurtfull vnto them that be phlegmaticke, but also vnto all such as haue colde and weake stomackes, because in them they abundantly encrease flegme. Vnto cholericke bodies, and such as haue strong stomackes, they are agreeable? They must be eaten with Pepper and Vinegar, and a cup of good Claret, or Sacke, drunke presently after them: for then they will bee the better digested in the stomacke, and not so soone conuerted into flegme. Onions also sliced in the Vinegar, and eaten with them, is an excellent correctory for the same purpose, if they shall not be offensive vnto the head of him that eateth them. But why are Oysters vsually eaten a little before meale, and that with one-way-bread?

Oysters, why
vsually eaten
before meale?

For

For two respects, as I coniecture : the first is, by reason of their subductory qualitie, concerning the bellie, which also is holpen with one-way-bread : The second is, because that through their saltneisse, they excite the appetite.

Among shell-fish, Muskels are of grossest iuyce, and of Muskels, worst nourishment, and most noysome to the stomake. They aboundantly breed flegme, and grosse humors, and dispose the body vnto seauers : wherefore I aduise all such as are respectiue of their health, vtterly to abandon the vse of them.

Cockles are not so noysome as Muskels, for they are of Cockles, lighter concoction, and of better nourishment, yet no laudable meat for such as leade a studious or easie kind of life, or haue weake stomackes.

The Crab is not easily digested, it giueth much grosse Crab, and phlegmaticke nourishment : it is a meat best agreeing with those that are of a cholericke temperature, and that haue hot stomacks. But to old men, to them that be phlegmaticke, and all such as haue weake stomackes, and are subiect to oppilations of the breast, distillations from the head, or are otherwise wont to be affected in the head, it is very hurtfull. The fresh-water Crab is wholesomer then the Sea-Crab, and that also of the Sea, is the wholesomer if it be but taken out of the fresh waters.

The Lobster is not also easily digested, and therefore it Lobster, quickly offendeth a weake stomacke: But being well digested, it giueth much good and firme nourishment; but the same is of an hot and ebullient nature: and therefore it maketh a great propensitie vnto veneriall embracements. I aduise young men, and such especially as are cholerick, and that are of hot temperature, to refraine the often vse of them : for vnto hot natures they are hurtfull, and greatly offend the head.

Pranes and Shrimps are of one and the same nature : for Pranes, and goodneisse of meat, they excell all other shell-fish : they are Shrimps, of a very good temperature and substance, of a most sweet and pleasant taste, not of hard concoction, and of excellent

lent nourishment. By reason of their moist and calorificall nature, they proritrate Venus: they are conuenient for euery age, and constitution of body, with this prouiso, that the stomacke be not weake.

Fresh-water
fish.
Trout.

Of fresh-water fish the Trout is most commended; it is somewhat of a colde and moyst temper, of an indifferent soft and friable substance, of pleasant taste, of easie concoction, and of good and wholsome iuyce. It yeeldeth somewhat a colde nutriment, very profitable for them that haue their liuer and bloud hotter then is conuenient: and therefore it is with good reason permitted vnto them that are sicke of hot feuers. The Trout is a commendable meate for euery age, and constitution of body; except for the phlegmaticke, that haue very cold and moyst stomacks.

Pike.

The Pike is somewhat of firme and hard substance, and therefore a little harder of concoction then the Trout: it is a meat pleasant to the taste, and giueth much and pure nourishment. It is agreeable vnto all bodies, especially to them that be young, and such as are by constitution cholericke. The Pikrell is the young Pike: It is of easie concoction, and for pleasantnes of taste and goodnes of iuyce, it may (in my iudgement) precede the Trout, and as well be permitted vnto those that be sicke, which must only be vnderstood of the riuer Pikrell: for that which is taken out of Meeres or other muddy waters, is somewhat excrementall, and of hard concoction.

Perch.

The Perch is also somewhat of hard substance, of good nourishment, yet a little inferiour to that of the Pikrell, or Pike; by reason of some viscosity in it. And if the Perch be taken out of a muddy or foule place, the nourishment which it maketh will bee the more clammy and excrementall.

Carpe.

The Carpe is of a sweet and exquisite taste; but the nourishment which it maketh, is not answerable to the taste of it, which if it were, it might well be numbred among the fishes of primest note. It giueth somewhat a slimy, phlegmaticke and excrementall nourishment, and quickly satiateth

teth the stomacke, especially if it be taken out of impure and muddy waters: wherefore let such as be phlegmatick, vtterly eschew the eating of it.

The Barbell is of a soft and moyst substance, of easie Barbell concoction, not of very pleasant taste, or good nourishment; but somewhat muddy and excrementall. The greater Barbels for goodnesse of meat excell the lesser, because their superfluous moysture is by their age somewhat amended. The bowels or entrals of them are to be abiected, as most offensiue and troublesome to the belly.

The Tench is vawholesome, and of hard concoction: Tench. It is a muddy and excrementall fish, vnpleasant to the taste, noysome to the stomacke, and filleth the body with grosse and slimie humours: Notwithstanding it is a meate convenient enough, for labouring men, and them that haue strong stomackes.

The Gudgeon, and other such little fishes are of pleasant Gudgeon. taste, of easie concoction, and of good nourishment; but the same little, and by reason of the tenuity of it nothing durable.

Eeles are very pleasant to the taste, but they are of hard Eeles digestion, of a slimie, grosse, and phlegmaticke iuyce, and soone noysome to the stomack. They breed obstructions, because they make a grosse and glutinous nourishment: they are most hurtfull vnto them that are subiect to the stone, and gout, and obstructions of the breast. The Eeles that liue and are taken in pure and grauelly waters, are of farre better nourishment then such as liue in meeres, and pooles, or any other impure places: and those I commend vnto them that delight to eate Eeles, and that are more addicted to their pallate, then to their health: for although those Eeles that liue in purer waters, lose much of their slimie superfluity; yet they are neuer of pure and good iuyce, or profitable to the stomacke; much lesse those that liue in muddy and filthy waters. Wherefore they are not commendable for any age, or temperature; but they are most hurtfull to them that be aged, phlegmatick, or subiect to obstructions. The roasted or broyled Eele is farre whol-

M

somer

somer then the boyled, because the fire exhausteth, and consumeth much of the slimie, and excrementall moysture that is in it. And by the like reason the powdred Ecce is wholsomer then the fresh, especially for them that be phlegmaticke, although it be not so taken of many, that are sweet and dainty mouthed. To conclude, Ecces whether fresh or salt, are onely a conuenient meat for poore hard labourers, for them that haue very strong stomacks, or that haue an indulgent respect to their pallate, and appetite.

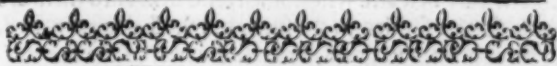
Puffin.

The Puffin is neither fish nor flesh, but a mixt body of both: for it liueth altogether in the water, and yet hath feathers, and flyeth as other fowles doe. Whether they be eaten fresh or powdred, they are of an odious sinell, of a naughty taste, of vnwholsome nourishment, and very noysome to the stomacke. Yet great drinkers esteeme well of the powdred Puffin, because it prouoketh them to drinke, which is the best faculty it hath: but marke the end of such, and you shall commonly see them, euen in their firme and constant age, to haue turgid, and strouting-out bellies, and a dropley to be the vpsnot of all their outrageous drinkings.

Whether fresh fish be more wholsome, then salt fish?

Although some kinde of fish, as Ecces, and such like, which quickly induce a nauseatiue fulnesse to the stomacke a little salted, be better then the same fresh, because the salt taketh away the fullomenesse of it, and so maketh it more acceptable to the stomacke. Yet fish of long salting, (as is our common salt fish) is vnwholsome, and much inferiour vnto fresh fish. For fresh fish is of farre lighter digestion, and maketh a moyst and purer nourishment, and is in some measure, for the most part of it, wholsome for all bodies, especially such as are hot, drie, and cholericke. But salt fish contrariwise is of hard concoction, breedeth adust humors, exccateth the body, and is hurtfull to most bodies, especially to them, that be cholericke and melan-cholicke. Moreouer, if it be much eaten, it hurteth the sight,

sight, and causeth itch and scabbiness by reason of the sharpe biting, and burnt humors which it ingendreth. It doth best agree with the phlegmaticke, so the stomacke be strong.



Of Egges and Milke.

SECT. V.

Why doe Egges giue a more speedy, more pure, and more plentifull nourishment, then any other kinde of simple meate?

EGges doe not onely speedily and purely nourish, by reason of the tenuity of their substance, and excellent aëriall temperament, but also, and that very plentifully, because of an aptnesse that they haue in their substance to be assimilated, and agglutinated to the parts of the body: and that by reason of a certaine analogy or likenesse that they haue with mans nature: for their whole substance, by reason of their naturall vicinity vnto blood, is easily conuerted into the substance of the body. But this must not be vnderstood of all the egge, but of the yolke onely: for the white is of a glutinous, cold, and phlegmaticke nature, and consequently altogether of bad and excrementall nourishment. But the yolke is temperately hot and moyst, of good iuyce, without excrement, and the blood bred thereof is firme, pure, and full of spirit, very greatly corroborating the heart. Wherefore egges are not onely a most accomodate meat in time of health, but also very worthy to be preferred before any other, in the decay of the blood and spirits. Neither must this be vnderstood of all kindes of Egges, but of Hen-

Egges onely, and the same also new. For the egges of Duckes, Geese, Turkies, &c. are of grosse substance, of ill smell, of vnpleasant taste, of hard concoction, and fullsome to the stomacke. But Egges receiue great alteration, according to their dressing and preparation: for those that are potched are best and whollomest, and next vnto them are those that are sodden in the shels; but those that are roasted, or fryed are not so good, because the heat of the fire consumeth their aeriall moysture. But which way soeuer they be dressed, there must be care taken that they be not made hard: for then they are oppilatiue, of hard digestion, of slow distribution, and of vnwholsome nourishment. Neither must they be eaten rere, that is to say, little more then through hot, named in Latine *Oua forbilis*, (except in the way of physicke to leuigate and make cleare the throat and breast, and to ease the griefes of the reines and passages of vrine made with grauell) because through their ouermuch softnesse and crudity, they quickly weaken and subuert the stomacke. But they must be in a meane betweene rere and hard, which are called *Oua tremula*: and they must bee eaten before other meate, because they are quickly digested, quickly descend from the stomacke, and speedily nourish, especially if a draught of Claret wine be taken after them. And if any man desire a light nourishing, and comfortable break-fast, I know none better then a couple of potched Egges, seasoned with a little salt, and a few cornes of pepper also, with a drop or two of vinegar, if the stomacke be weake, and supped off warme, eating therewithall a little bread and butter, and drinking after a good draught of pure Claret-wine. This is an excellent break-fast, and very comfortable for them that haue weake stomackes. Egges moderately vsed are accomodate for every age, and constitution, especially for the elder sort of people, and such as want bloud; but soonest offensive to the cholericke and sanguine, for whom in hot seasons they are not conuenient.

Claret-wine
best agreeing
with Egges.
A light and
comfortable
breakfast.

Whether

*Whether Milke doe giue vnto all bodies a good and
healthy nourishment?*

Milke is moyſt in the ſecond degree, and more enclined vnto cold then vnto heat; it is of eaſie digeſtion, of much and good nourishment: it impinguateth and cauſeth the body to waxe groſſe, and for amending of a dry conſtitution, and for them that are extenuated by long ſickneſſe, or are in a conſumption, it is by reaſon of the excellent moiſtning, cooling and nourishing faculty of it, of ſingular efficacy. But notwithstanding that milke is of light digeſtion, and of much and wholeſome nutriture: yet it is not good for all bodies; not for them that are ſubieſt to windineſſe of the ſtomacke and belly, or that haue impure, weake, and ill-affected ſtomacks, becauſe it increaſeth winde, and is by reaſon of the differing nature of the parts thereof (for it conſiſteth of a three-fold ſubſtance, as ſhall be hereafter ſhewed) in a weake, or ill-affected ſtomacke, ſoone corrupted and coagulated: nor for them that are phlegmaticke, groſſe, and full of moyſt humors, or ſubieſt to obſtructions, becauſe it maketh them more to abound with crude, groſſe, and phlegmaticke humors. But being boyled and eaten with ſugar, pepper, and other ſpices: it is leſſe windy and more agreeable for ſuch bodies. Now by this which I haue briefly ſhewed, concerning the nature of milke, it may plainly appeare, that the vſe of it, is beſt agreeable for the hot ſeaſons of the yeare, for young men, and eſpecially for hot and dry cholericke bodies: becauſe it doth much reſreſh them with an excellent cooling and moiſtning nourishment: and that it is moſt hurtfull to the aged, to them that be ſlegmaticke, and that are ſubieſt to cold diſeaſes, by reaſon of the abundance of groſſe and phlegmaticke humors, which it breedeth in ſuch bodies. Wherefore the vſe of milke is very hurtfull vnto them that are ſubieſt to winde, to rheumes, to colde diſeaſes of the head and ſinewes, to the Gout, and dropſie in generall, the ſtone, or any obſtruction of the reines and

Milke not profitable for all bodies.

Sugar & Mints
preuent the
corruption &
coagulation of
milke in the
stomacke.

bladder, obstructions of the breast, liuer, melt, stomacke, and mesaraicke veines. And therefore not so much as the drinking of a draught of milke in the morning fasting, as it commeth warme from the Cow, is to be approoued vnto them that are of a colde constitution, or any way subiect to obstructions; whereas for them that are hot and dry by constitution, a large draught is very good and profitable, for it sweetly cooleth, moystneth, and refresheth the dry and thirstie parts of the body, and also expurgeth the sharpe and cholericke humors by stoole. Wherefore the drinking of milke not onely in the morning fasting, as it commeth from the Cow, but also at any other time of the day, so that it be taken in an empty stomacke, is to hot, leane, and dry bodies greatly profitable. But because that milke is apt to corrupt and coagulate in the stomacke, you must take with it a little sugar; or if you desire to haue it more soluble, pure honie: but sugar is better for them that are by constitution cholericke; for by this meanes it will neither corrupt, nor coagulate in the stomacke. And if you also cause a few Speremints to be put into the vessell wherinto the Cow is milked, or otherwise steeped one houre or two in the milke that you purpose to drinke, the milke will be much the more agreeing with the stomacke, and not so apt to coagulate.

Cautions to be
observed vpon
the drinking
of milke.

Milke that is kept till it waxe somewhat sowre is not vnto all bodies hurtfull: for the drinking of it is, in the hot seasons of the yeare profitable for them that haue hot, dry, and cholericke stomackes, especially if the head thereof be taken away, because it greatly cooleth and extinguisheth the raging heat and acrimony of choler. But you must abstaine after the drinking of milke, from other meats or drinks, or any violent stirring of the body (all which will cause it quickly to corrupt or coagulate in the stomacke) vntill it shall bee digested in the stomacke, which in an houres space may be well effected. Neither may you sleepe within an houre after the taking of it, because it will make the head heauy by repleating it with vapors. And whosoever shall vse to drinke milke, because that it is hurtfull to
the

the gummes and teeth ; for the one it maketh flaccide, and the other subiect to putrefaction; must haue speciall regard to wash his mouth presently after the drinking of it, with wine, or strong beere, and also to rub the teeth and gums with a dry cloth, for the cleansing away the slimines of the milke, and for strengthening the gummes and teeth.

But of milke, there is great difference according to the kindes of it. Cowes milke for sound and healthfull bodies is best, for it is fatterst and thickest, and consequently of most nourishment : next vnto it, for grossenes, is theepes milke. But for bodies that are with long sicknesse extenuated, or are in a consumption, womans milke is best, because it is most familiar vnto mans body, and euen of like nature. And next vnto it is Goats milke, because it is of meane consistence, for it is not so fat and thicke as Cowes milke, and therefore breedeth not obstructions in the entrals as that doth ; nor so thin as Ases milke, which also in consumptions is much commended : wherefore the nourishment which it maketh is of a middle nature betweene them both. But Ases milke appertaineth rather vnto physicke then vnto meate, for it is of a thin & watrish substance, of a penetrating, cooling and deterfiue faculty, by reason whereof, it is of singular efficacy in consumptions of the lungs.

The difference of milke according to the kindes of it.

Milke, notwithstanding that it seemeth to be wholly of one substance, yet it is compact of three seuerall parts, of three of which of three Creame, Curds, and Whey. The first is the very head or flower of the milke : it is of a temperate quality, hot and moyst in the first degree ; it is pleasant to the pallate, and very good for the asperity and siccity of the stomacke ; but it is somewhat of a grosse nourishment, and by reason of the vntuosity of it, quickly cloyeth the stomacke, relaxeth and weakneth the retentive faculty thereof, and is easily conuerted into phlegme, & vaporious fumes. Wherefore it is hurtfull to them that be phlegmaticke, that haue weake stomacke, to olde men, and such as are subiect vnto rheumes, especially in the colde and moyst seasons of the yeare ; but vnto hot cholericke bodies, and young men that

Creame.

that haue strong stomackes, it is (especially in the hot seasons of the yeare) no lesse conuenient then delightfome : and verily with Strawberries and Sugar, it is for them, for whom it is conuenient, a very delicate and wholsome dish. And whosoeuer hee bee that delighteth to eate a dish of Creame, let him not be parsimonious of sugar, for that is the best correctory for it.

Butter.

Butter that is made thereof is of like temperature, it is of a moystning, mollifying, maturatiue, and resolutiue faculty : if it bee fresh and new, and well tasted, it is very wholsome, especially in the morning fasting, for hot and dry bodies : it giueth a light and dissipable nourishment ; it is good for the asperity and siccity of the throat, and for a dry cough. But the too much vse thereof weakneth the stomacke, and causeth the same to abound with a crude phlegmaticall humor. Wherefore the much vse of it, is not good for them that be phlegmaticke ; but for such salt butter is more conuenient, because it is lesse phlegmaticke.

Cheese.

The curdy part of the milke is of an heauy, grosse, and phlegmaticke substance, and of the like nature is Cheese ; for it is of hard digestion, and ingendreth ill humors and oppilations. And although it be the property of all Cheese to breede grosse and oppilating humors ; yet it altereth much, according to the newnesse or oldnesse of it. For that which is new, is of a cold, moyst, grosse, and staeous substance : wherefore for an hot and cholericke stomacke it is somewhat profitable ; but for them that be phlegmaticke or haue colde stomackes, it is greatly hurtfull. Olde hard Cheese is altogether vnwholsome, for it is of very hard digestion, troublesome to the stomacke, breedeth choleracust, maketh the belly colliue, & is infinitely hurtfull vnto hot and dry bodies. Both sorts doe very greatly breed the cholicke, yliacke, and nephriticke passions. But that which is a meane betwixt both, so that it haue also all the other properties of good Cheese, and especially that it bee not tart of the rennet, is far wholsomer ; for it is more pleasant to the paltate, more acceptable to the stomack, and maketh

a durable and meetly good nourishment; yet the frequent and too much vse of it, breedeth obstructions, and is offensive to a weake stomacke. Wherefore it behoueth him that loueth Cheefe and his health too, to be mindfull of that prouerbiall versicle: *Casum est sanum, quem dat anara manus.* Cheefe is best for them that leade a studious or generouse course of life, to be eaten after other meate, and that in little quantity; for being thus vsed, it bringeth two commodities. First, it taketh away satiety, and strengthneth the stomacke, by shutting vp the orifice thereof. Secondly, it preuenteth the floating of the meate, which greatly hindereth and disturbeth the concoction, by depressing it into the bottome of the stomacke, which is the chiefe place of digestion. Rosted cheefe is more meete to entise a Mouse, or Rat into a trap, then to be receiued into the body; for it corrupteth the meates in the stomacke, breedeth adust cholericke humours, and sendeth vp from the stomacke putrid vapors, and noysome fumes, which greatly offend the head and corrupt the breath. To conclude, the much eating of Cheefe is onely conuenient for rusticke people, and such as haue very strong stomacks, and that also vse great exercise.

Two commodities by eating of Cheefe after meate.

Whey is cold & moist, of an abstersiue & laxatiue facultie: wherefore it is of excellent efficacie against adustion of humors, & obstructions of the entrals, it quencth thirst, and euacuateth choler and melancholy by stooles; and therefore the liberall vse of it, especially well clarified, is very profitable in feuers proceeding of choler. The drinking of a large draught of whey mornings fasting, from the beginning of May vnto the end of August, is for all cholericke and melancholike bodies most wholsome, for it qualifieth the heat of the stomacke and liuer, bringeth the body to a good temperature, abstergeth obstructiue humours in the stomacke and mescaraiecke veines, mundifieth the bowels, and maketh the belly soluble: Whete whey, which cometh by pressing of the curds together, is not so thin and waterish as the former, and therefore not so laxatiue: it giueth a cold and moist nourishment, very profitable vnto

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cholericke

choiericke and drie bodies; but hurtfull to the phlegmaticke. The like may be said of the whey that commeth in the making of butter, commonly called Butter-milke, which if it be vsed when it is growen a little sowre, excellently represseth the sharpnesse of choler, and is very good for cholericke fluxes. Of milke there are also diuers sorts of meates made, which in a common appellation are termed white-meates: they are all, more or lesse, of a erude, grosse, and obstructiue faculty, breeding winde, flegme, and obstructions, especially of the breast: they are conuenient for young men, for them that are by constitution cholericke, and that haue hot and strong stomackes; but to old men, to them that be phlegmaticke and subiect vnto rheumes, they are very hurtfull: they are more wholesome and lesse offensiue, if they be well seasoned with sugar, and spice, &c.

White-meares. But of all the sorts of white-meates, that which is made of wheate decorticated, and boyled in milke, commonly called *Frumentie*, giueth the most and strongest nourishment; but it is somewhat hard of concoction, and of very slow distribution, by reason whereof it causeth windinesse and obstructions. Wherefore it is not a conuenient meate for them that haue weake stomacks, and such as liue at rest, or are subiect to obstructions, either of the bowels or reins. But for those that vse great labours, and that haue strong stomackes, it is very profitable. And being strained, and spiced with cynamon, it is a very good medicinable meate, for such as are too laxatiue, and subiect to fluxes and mordications of the belly, proceeding of choller: for it represseth the acrimony of the cholericke humour, and through the slow descension of it, abateth the fluxe.

Rice-milke.

* For there is in the pill or barks of Rice, a causticke or burning qualitie, very pernicious to the body.

There is also the like kinde of pottage, and much likewise of the same nature, made of Rice accurately* depilated and boyled in milke; but it is of easier concoction, lesse obstructiue, and of better nourishment. Being well made and spiced with sugar and cynamon, it is a temperate meate, very pleasant, easie of digestion, and restorative.

There are also other kindes of food made with Rice, all which

which are somewhat of hard concoction, and of an astringent faculty. They are convenient for them that have good stomacks, and that use to labour and exercise their bodies; but to the aged, and such as are molested with phlegme and obstructions very hurtfull.

There are also certaine Iunkets usually made of milke, Iunkets. especially in the summer season, as of the best of the milke coagulated, there is made a kinde of Iunket, called in most places a Fresh-Cheese, which is very pleasant to the palate, and of easie concoction: it asswageth thirst, mitigateth the over-much heat of the stomach, and moistneth the body, and is therefore in the hot seasons of the yeere very profitable for such as are young, and that are of an hot and dry temperature. But in them that are past their constant age (except they shall be impensiuely cholericke) and that have cold stomacks, it breedeth winde, phlegme, rheumes, and obstructions, especially of the breast: and therefore in no wise to be allowed to the aged or phlegmaticke. This, or other Iunkets, or white-meates of like nature, must be alwayes at meales first eaten, or at banquets betweene meales, when the stomacke is empty: for being eaten after other meats, or in the middle of meales, they doe the sooner corrupt in the stomacke, and breed more plenty of phlegmaticke and excrementall humours. How great therefore is the error of eating Custards in the middle, or at the end of meales. To conclude, Iunkets, and all sorts of white-meats, are more or lesse, as I have already said, of a crude, grosse, and obstructive faculty, breeding plenty of phlegme: they are onely agreeable for them that have good stomacks, and that are of an hot and cholericke temperature.

A Caution concerning the eating of Iunkets.



Of Sauces and Spices.

SECT. VI.

Whether in the regiment of health, the use of sauces is to be allowed, as necessary and wholesome?



The commodities of Sauce.

Although that hunger be the best sauce for meate, and thirst for drinke, and that the best meanes to get them, is exercise and abstinence for a time; yet besides these naturall sauces, there be other which be artificiall, and some of them very profitable (such as are those that are of a delightful sharpe taste, of a cutting, penetrating, attenuating, and digesting faculty) because they comfort and strengthen the stomacke, disperse the crude superfluities of the same, excite the appetite, make the meate pleasant to the pallate, and acceptable to the stomacke, whereupon ensueth the better concoction, and more profitable nutriment.

The best and most common of all sauces is salt, which is so necessary for seasoning and preserving of meats, that we cannot well live without it, and therefore it hath bene a good obserued custome, to set it first on the Table with bread, and with the same to take it last away. Salt is hot in the second degree, and dry in the third: it is of a cleansing, digesting, attenuating, drying, consuming, and somewhat also of an astringent faculty. Well therefore may salt haue the first and chiefe place among sauces, for beside that, it maketh the meat sauioury and acceptable to the stomacke, and exciteth the appetite, by corrugating the mouth of the stomacke, and titillating the pallate, it also cutteth and
attenuateth

attenuateth grosse and clammy humours, preuenteth and correcteth putrefaction, by drying and consuming all crude & moist superfluities, confirmeth weake and loose parts, and helpeth the concoction, especially in a cold and moist stomacke. But the too much vse of salt, by reason that it is hot and dry, of a sharpe byting taste, and dryeth vp and consumeth all the humours of the body, is very hurtfull, especially vnto dry and leane bodies: for it annoyeth the stomacke, exiccateth the liuer, adureth the bloud, dimmeth the sight, diminisheth the geniture and spirits, causeth itch and scabbiness, and in a word, corrupteth and spoyleth the habite of the whole body, making it soone old, riu'led, and deformed.

The discomforts of the too much vse of salt.

Vinegar is the second sort of sauce, which is in common vse: it is iudged with a generall consent, to bee dry in the second degree; but concerning the other qualities, there is great variance: for some attribute vnto it a cold quality, because it cooleth and represseth heat, and some an hot, which may also be easily proued; but in my iudgement, it is more colde then hot, and so much the colder, as it is made of the smaller wine. It prouoketh appetite, as salt doth, it vehemently penetrateth, cutteth, and attenuateth grosse humours, by reason of the sharpe tenuity of it, it strongly preserueth the humours from putrefaction, by reason of the cooling and drying quality of it, and therefore the vse of it, in time of pestilence, is very profitable. It also helpeth the soft and rheumaticke swellings of the gummies. It agreeth best with the cholericke, because it represseth their choler, and worst with the melancholike, because it encreaseth their distemperature. The much vse thereof is, by reason of the cooling, drying, and also mordicant quality of it, which it hath, by reason of some heat, which it still referueth of the wine, very hurtfull to the stomacke, liuer, lungs, intestines, matrice, and sinewes: wherefore I aduise women, and them that are leane, that haue colde stomackes, weake lungs, and feeble sinewes, carefully to eschew the much and often vse of it. And aboute all, I wish Maydens to forbear the drinking of Vinegar, or

The discomforts of the ouer-much vse of vinegar.

eating of sops or tofts dipped therein, to make them leane and low-coloured, lest that by ouer-pearcing, cooling, and drying their liuer, they acquire a big belly (I meane a drop-sie) with a leane and ill-fauoured face. Vinegar that is made of White-wine, is more opening, and that which is made of Claret more binding : wherefore White-wine Vinegar is generally to be preferred, and it is also much the better for the stomacke and spirits, if it be rubefied, by macerating the leaues of red Roses in it, but for them that haue loose stomacks, Claret-wine-vinegar is most accomodate. The often or much vse of vinegar is greatly hurtful to them that are of a melancholike temperature, & to all such as are subiect to the Gout, the Palsie, or other affects of the sinewes.

Rose-vinegar.

Verjuice.

Verjuice which is made of soure or vnripe grapes, or of crabs, or other vnripe soure apples, is like to vinegar in operation, sauing that it is of a more cooling nature, and therefore more agreeable for hot and cholericke bodies. It refresheth an hot stomacke and liuer, represseth cholerick fumes, and raiseth vp the appetite, deiected through much heat, labour, or exercise : wherefore it is very profitable for hot and cholericke bodies to be vsed in way of sauce, and for hot and cholericke diseases, in way of medicine, but it is hurtfull to the aged, and to all colde and phlegmaticke bodies. Eifell, or the vinegar which is made of Cyder, is also a good sauce : it is of a very penetrating nature, and is like to Verjuice in operation, but it is not so astringent, nor altogether so colde.

Mustard.

Mustard is a sauce in common vse with sundry meates, both flesh and fish, especially those of the grosser sort. It is hot in the fourth degree, and is of a dissoluing, attracting, extenuating, and dissipating faculty. It very strongly heateth the stomacke, cutteth, extenuateth, and scattereth grosse and phlegmaticke humors, openeth the obstructions of the breast, helpeth the concoction and distribution of meats of grosse substance, comforteth the stomacke, and drieth vp and consumeth the superfluous moysture in it. Moreover, it vehemently pearceth the braine, and wonderfully purgeth it from superfluities : and therefore the
vse

vse of it is very profitable for them that bee subiect vnto colde diseases of the head and sinewes, as the Epilepsie, Lethargy and Pallie: for it openeth the passages, and dissipateth and consumeth the humours oppilating the nerues: wherefore, as it is a good sauce, so is it also very medicinalle. It is a most wholesome sauce for them that be phlegmaticke, and that haue colde and moyst stomackes, especially in a cold and moyst season; but the often and much vse thereof is hurtfull vnto cholericke and dry bodies.

Orenge differ in their temperature, according to the Orenge, sweetnesse or sowrenesse of their iuyce: for the sourer the iuyce is, the colder it is, and the more penetrating; but yet with the greater astringion following: and the sweeter it is, the more hot and lesse penetrating, without any or little astringion concurring. The sweet Orenge are not fit for sauce, because they subuert the appetite, and cause loathsomnesse in the stomacke; yet to such as are of a melancholicke temperature, they are, by reason of their temperate heat and sweetnesse, somewhat profitable. The soure Orenge are colde and dry in the second degree: they quench thirst, excite the appetite, and repress cholericke vomitings: they coarctate the breast, and astringe the belly, which are two pernicious properties: wherefore they are greatly hurtfull to the phlegmaticke and melancholike, and them that are straight chested. But Sugar correcteth their acidity, and bringeth them to a better temperament. They are conuenient for hot and dry bodies, so they bee not affected with coarctation of the breast, or astringion of the belly. Those that are of a meane taste betweene both, that is neither too sowre, nor too sweet, are colde in the first degree, and temperately dry: they are best for sauce, because they are more acceptable to the taste, and more profitable to the stomacke. They are profitable in feauers, to extinguish thirst, and inhibit the putrefaction of the humors. Orenge sliced and sopped in Rose-water and Sugar, are very good to coole and refresh the stomacke in feauers, and so they are also at other times, for an hot and cholericke stomacke; the pulpe, or medullary substance of the

the Orenge is not good to be eaten, except of them that haue very hot and cholericke stomackes, but the iuyce only, because it breedeth a crude and ill iuyce, and is not easily digested. The rindes of Orenge are hot in the first degree, and dry in the second, being preserued in Sugar, and taken in small quantity after meat, they very greatly comfort a weake stomacke.

Lymons.

Lymons are like in nature vnto Orenge, sauing that as they are sower, so are they colder and more pearcing: wherefore the iuyce of them hath an admirable force, of cutting, penetrating, extenuating, and cooling: it stirreth vp the appetite, comforteth the stomacke, restraineth vomiting, and is therefore very good for them that haue nau-seatiue stomackes. It mightily cutteth and attenuateth grosse humors, allwageth thirst, mitigateth the sharpnesse of choler, and inhibiteth the encrease of it. It also excellently cooleth and refresheth an hot liuer, corroborateth the heart, and is of singular efficacy against acute and malignant feauers, for it defendeth the humours from putrefaction, and correcteth those that are putrified. There is not so pleasant a sauce to be found as this of the Lymon, and it giueth a grace to all other sauces: it is sower then Vinegar, more cooling and more pearcing, free from any acrimonious or mordicant quality, and therefore more delectable, and more wholesome then it. It is for hot and cholericke stomackes, the best sauce, and against the vehemency of choler there is not a better medicine, for it mightily represseth, and extinguishteth the feruent heat of it. It is hurtfull to them that be phlegmaticke, and also to the aged, except choler shall happen to domineire in their stomackes.

Citrons.

The Citron is like in nature to the Lymon; but it is thought to haue a more speciall property against malignant, and pestilentiall feauers, and to comfort the heart. The rindes, and also the white pulpe of Citrons, and Lymons preserued, doe comfort the stomacke, helpe the concoction, corroborate the heart, and are very good against melancholy.

Oliues,

Oliues, if they be ripe, are temperately hot, they are eaten with salt, of the inhabitants where they grow; but they are neither good for sawce, nor for meate, for they weaken the stomacke, and breed a putrile and vnwholsome nourishment. But the greene and vnripe Oliues are cold and dry, of an astringent faculty, and these are the Oliues, which are vsually eaten with meate, to excite the appetite. They are gathered while they be greene, preserued in pickle, and so transported. They excite the appetite; cleanse phlegme from the stomacke, corroborate the mouth of it, and stay vomiting; but they are hardly digested, excite thirst, breed grosse and melancholicke humors, and being abundantly eaten, they cause head-ach, and make the belly costiuē, especially those that are preserued onely in salt: wherefore they are not so wholsome a sawce as they are esteemed. They are preserued onely in salt, or in a pickle of salt and vinegar. Those that are preserued in salt, are hotter then the other, for they are hot in the second degree, and of greater force in cleansing of phlegme from the stomacke: and therefore they are best for them that be phlegmaticke, and worst for the cholericke. But those that are preserued in a pickle of vinegar and salt, are of a more temperate nature; they repress choler, and stay vomiting more then the other doe, and are conuenient for euery age and constitution, especially for the cholericke, and therefore they are to be preferred before them. But which way soeuer they are preserued, the greene or greenish Oliues are to be chosen, and the yellowish or blackish reiected, as abominable for sawce or meate: for the yellow ones were too ripe before they were gathered, and the blackish are putrified. The salt liquor or pickle, wherein they are preserued, is an excellent remedie against soft and flagging gummēs, and loose teeth, if they be washed and rinsed therewith somewhat hot.

Capers are very necessary for the preseruatiō of health: they are preserued in vinegar, or in salt, or in a pickle or brine made of them both, which is the best way. Being thus preserued, they are hot in the first degree, and drie in

Capers.

the second: they are of an absteriue and opening faculty, they giue very little nourishment; but they excite the appetite, notably cleanse away phlegme adhering to the stomach and guts, kill wormes of the belly, and open the obstructions of the liuer, but especially of the melt: wherefore the often vse of them, with meate, is very profitable to phlegmaticke and melancholicke bodie, to such as haue moist and waterish stomackes, that are short breathed, that haue hard and ill spleenes, and subiect vnto quartaine feuers. Before they be vsed, the salt must bee washed off cleane from them, and they a little while steeped in cleane water, and after that eaten (as other sallads be) with vinegar, and oyle also if it shall like the eater; or if they be eaten with Oximell, they will not onely be the more acceptable to the taste, but more effectually also for the purposes aforesaide.

Buds of
Broome.

The young tender buds of Broome are in the spring time gathered and preserved in pickle, in the same manner as Capers are: they excite the appetite, and open the obstructions of the melt and liuer no lesse then Capers doe, and are also very profitable in obstructions of the kidneys: wherefore they may well be vsed with meate as Capers are.

Sampier.

Sampier is in the like manner preserved in pickle, and eaten with meates: it is a very pleasant and familiar sauce, well agreeing with mans body. It is hot and dry, of an absteriue and diureticke faculty: it exciteth the appetite, comforteth the stomacke, openeth the obstructions of the liuer, melt, and especially of the kidneys and bladder, by prouoking vrine: wherefore it is a necessary sauce, for them that are subiect to the stone, and conuenient for euery age and constitution of body.

Radish.

Radish is also vsed as sauce with meates, but it is a very hard one, and vnwholsome: it is hot and dry, and of an extenuating faculty. Those that are very tart in taste, are hot in the third degree, and dry in the second. They are accounted the best, that are cleare, tender, and tart in taste, and so they are, because they are of easier concoction, and doe

doe more delight the paltate. Some Physitians commend the eating of Radishes before meate, because they excite the appetite; and some after meate, because (as they say) they helpe the concoction, by depressing the meates; but I constantly affirme, howsoever they oblectate the palate, depresse the meates, or excite the appetite, that they are neither good before meate, nor after meate, nor together with meate. They are not good to be eaten before meate, for because that they are with much difficulty digested, and make long stay in the stomacke, they hinder both the descension and concoction of the meate that is taken after them, and are also the cause of stinking belchings, which are farre greater hurts, then the exciting of the appetite is a commodity. Neither are they good to be eaten after meat, for by reason of the hardnesse of their substance, they rather oppresse the stomacke, then any way helpe the digestion, breed windinesse, and cause noysome belchings, yea, though they be taken (euen as we do cheese) in small quantity. But our vsuall manner in *England* is to eate them together with meate as a sawce, which is the worst way of all; for being in such manner taken, they greatly oppresse the stomacke, ingender raw humors, and abundance of winde, cause loathsomnesse, disturbe and hinder the concoction of the meate that is taken with them, raise vp noysome fumes and most offensive belchings, which are very hurtfull to the eyes and head. Wherefore I conclude, that they are vnwholsome any way to be eaten (especially for them that haue weake stomacks) except for them that be paltate-pleasers, and that they are onely good to be vsed in the way of physicke: for they heat, cut, and attenuate grosse humors, prouoke vrine, and procure vomiting. And verily this their heating, cutting, attenuating and vomitory faculty, is the principall cause, by working vpon the humors and meate in the stomacke, that they breake, or rather breede and raise vp so much winde, and anobide it by belchings.

Why Radishes
breed much
windinesse and
belchings.

Osyle Oliue, which we commonly call Sallet Osyle, if it be of the ripe Oliues is moderately hot, and maketh the

Oyle Omphacine.

belly soluble; but by reason of the vnctuous substance and nauseous sweetnesse of it, it deiecteth the appetitē, anoyeth the stomacke, impinguateth the liuer, and increaseth the substance of it: wherefore it is in no wise to be vfed as a sawce with meates. But the Oyle that is made of the vnripe Oliues, which is called Oyle Omphacine, is not so grosse and fatty, as the other, and inclineth to a greenish colour: it is somewhat of a cooling and astringent faculty, by reason whereof, it strengthneth the stomacke, and represseth the too-much tenuity, and fluxibility of the blood in cholericke and sanguine bodies: wherefore the vse of it for them that are healthy is very conuenient. Of Butter, which is of great vse in sauces, I haue spoken in the precedent section.

Honie.

Honie is hot and dry in the second degree, and of an absteriue and soluble faculty: wherefore it is very wholesome for them that be old, for such as are phlegmaticke, and of a cold and moyst constitution, especially in the cold seasons of the yeere. It is very profitable for such as be asthmaticke or short-breathed, and that are subiect vnto rheumes, so that they be not of a cholericke constitution, because it doth notably clense and mundifie the breast, and lungs, of phlegmaticke and rheumaticke humors. Wherefore I wish all such as are of a phlegmaticke constitution, to accustome the eating of honie mornings fasting, and to walke an boure after it; but it must not be immoderately taken, for, notwithstanding that it is of a clensing and opening faculty, yet for all that, if it be taken in too large a quantity, it will obstruct and cloy the stomacke, because it consisteth of a grosse substance. But the vse of honie is hurtfull to them that are of hot complexion, because it inflameth the blood, and is quickly (by reason of the acrimony of it) conuerted into choler; it is also hurtfull to such as abound with winde, especially the crude and vnclarified honie, because there is in it a windie and excrementall moysture. The way to clarifie it, is to put vnto it a little water, and so to boyle it and scum it so long

The eating of Honie mornings fasting, very profitable for phlegmatick bodies.

Hony for whom vnwholsome.

Clarified Honie.

long as any froth ariseth : for by this meanes the tartnesse and flatulent moysture of it, is for the most part taken away, and consequently becommeth a more wholesome medicinable nourishment. That is the best hony, which is hard in the vessell, and curded like Sugar, and which is also of a true and delectable sweetnesse, of good smell, and of a cleare yellowish colour ; or if it shall be of a whitish colour, so that none of the said notes of goodnesse be wanting in it, it is neuer the worse. New honie is better then olde, because some of the moysture of it is in continuance consumed, whereupon it becommeth more dry and tarte in taste.

Notes of the
best Honie.

New Honie
why better
then olde.

Sugar is temperately hot and moyst, of a deterfiue facultie, and good for the obstructions of the breast and lungs ; but it is not so strong in operation against phlegme as honie. And here it may be demanded whether Sugar or Honie be the better ? Whereunto I answer, that Sugar is generally more wholesome then Honie : for it is of a better temperature, of pleasanter taste, not so fullsome as Honie, and therefore more acceptable to the stomack, and consequently farre better for sauce, and nourishment. It may be giuen in feauers, because it doth not inflame the body, nor so soone turne into choler as honie doth ; and to conclude all in a word, Sugar agreeth with all ages, and all complexions ; but contrariwise Honie annoyeth many, especially those that are cholericke, or full of winde in their bodies. Onely Honie is better for them that haue very colde and moyst stomacks, and that haue their breasts stuffed with phlegme. Water and fine Sugar onely brewed together, is very good for hot, cholericke, and dry bodies, that are affected with phlegme in their breast : for through the coldnesse and moysture of it, it excellently tempereth the heate and siccity of the breast and stomacke, and cleareth them of phlegme. Sugar by how much the whiter it is, by so much the purer and wholesomer it is, which is euident by the making and refining of it. It is made much after the same manner and forme as white salt is. The Sugar is nothing else but the iuyce of certaine Canes or

Sugar.

Whether Su-
gar be whole-
somer then
Honie.

Red Sugar-
Candy.

The best Su-
gar.

White Sugar-
Candy.

Compound
sauces.

Reedes, which is extracted by boyling them in water, euen after the same manner and fashion as they doe Salt. This first extracted Sugar is grosse, and of red colour: it is hot and dry, somewhat tart in taste, and of a deterstue facultie: by longer boyling, it becommeth hard, which we call Red Sugar-Candy, which is only good in glysters, for to cleanse and irritate the expulstue faculty. This grosse reddish Sugar is againe mixed with water, and boyled, and commeth to be of an whitish colour, lesse hot, more moyst, and more acceptable to the taste and stomacke. This kinde of second Sugar, we call common or kitchin Sugar. This being the third time diluted, and decocted, is of an excellent temperament, most white, and of a singular pleasant taste: this is the best, purest, and wholesomest Sugar, which giueth a grace vnto whatsoeuer it be mixed with. And this by farther boyling becommeth hard, and of a resplendent white colour, which we commonly call White Sugar-Candy: this is the best Sugar for diseases of the breast, for it is not altogether so hot as the other Sugar, and is also somewhat of a more pure and subtile moysture. Wherefore it excellently aswageth and moystneth the asperity and siccity of the tongue, mouth, throat, and winde-pipe; and is very good for a dry cough, and other infirmities of the lungs: it is most accommodate for all hot and dry constitutions.

There are diuers kindes of mixt sauces deuised and composed by the skill of Cookes, to oblectate the palate and throat, to excite the appetite, and to adde a grace vnto bad meates, which of ingurgitating belly-gods are greatly esteemed. But I aduise all such as are respectiue of their health, to refraine the vse of all confused sauces; or to be very circumspect, not onely in the vse of them, because they allure the stomacke to a gluttonous taking of meate; but also in the choyse of them: for they onely are wholesome, that are somewhat of a sowre taste, by putting to them a conuenient quantity of Vinegar, Verjuice, or the iuyce of Oreniges or Lymons. But let temperate men, and such as are studious of their health, content themselues with the simpler kindes of sauces, because they are

are for the stomacke and health of the body most conuenient.

*Whether Cinnamon be the best and wholesomest
of all spices?*

Cinnamon is hot and dry in the third degree, and of an excellent aromaticall substance: for fragrancy of smell and iucundity of taste, it excelleth all other spices: it strengthneth the stomacke, preuenteth and correcteth putrefaction of humors, resisteth poysons, exceedingly comforteth the principall parts, especially the heart and liuer, and reuiueth the spirits. It also openeth obstructions, and strengthneth the retentiu faculty of all the parts, by drying vp and consuming the crude and excrementall moysture. It is couenient for all bodies, especially for them that are of colde and moyst temperature, and that haue weake stomackes; but the ouer-much vse of it, is hurtfull to such as are by constitution cholericke. Of one pound of Cinnamon grossely beaten, a pound of white Sugar, a gallon of Cinnamon Sacke, and a quart of Rose-water, steeped together 24. ^{water.} houres, is drawne by distillation, a water of singular efficacy against fowning, debility of the spirits, and principall parts. Wherefore I wish euery man, that is respectiue of his health and life, especially such as are of weake nature, neuer to be without it, and to take now and then a spoonefull or two, especially when occasion shall instant the vse of it.

Next vnto Cinnamon, for goodnesse and aromaticall substance, are Cloues: they are hot and dry in the third degree, they are not of so penetrating a force as Cinnamon, but more drying; they consume, and dissolue crude and windy humors, comfort, and corroborate all the principall parts of the body, especially the stomacke, & heart, excite Venus, helpe the concoction, discusse winde, make the breath sweet, stay vomiting, and fluxes of the belly proceeding of a cold cause, or weakenesse of the retentiu faculty: And as they are very good for a weake, cold, and windie

windy stomacke, so are they also for a liuer collapsed by cold. They are very profitable for the aged, for such as are phlegmaticke, and subiect to rheumes, especially in the winter; but the often and much vse of them is hurtfull vnto cholericke and dry bodies.

Nutmegs and
Mace.

Nutmeg and Mace are of one and the same facultie: they are hot and dry in the second degree, somewhat of an astringent faculty: they strengthen the stomacke, especially the Mace: they comfort the braine and animall faculties, especially the Nutmeg; they stay seminall fluxes, and are good for cold vterine affects, especially the Nutmeg: they discusse winde, and inhibit fluxes of the belly proceeding from a colde cause, or weaknesse of the retentive faculty. They are good for olde, cold, and phlegmaticke bodies; but the much vse of them, by reason of their dry temperature, and astrictiue faculty, is hurtfull to cholericke and melancholicke constitutions, and them that haue costliue bellies.

Nutmegs con-
dited.

Nutmegs preserued in Sugar, as soone as they be taken from the tree, are of a very pleasant and delightfome taste, and of most profitable vse, for comforting of the stomack and braine, to be eaten now & then, especially in the mornings fasting, and presently after meales: and because they are of a lesse drying and binding faculty; they are very good for euery state and constitution of body. Wherefore I aduise all those that haue weake stomackes, and that liue a studious kinde of life, neuer to be without them, that they may take of them at their pleasure.

Pepper.

All the sorts of Pepper are hot and dry in the height of the third degree, if not in the beginning of the fourth: they are of an heating, and resoluing faculty: they excite the appetite, comfort the stomacke, helpe the concoction, and all colde diseases of the breast and stomacke, by concocting, dissipating, exiccating, and expelling crude and flatuous humors: they also strongly heate the iinewes and muscles, and all colde partes. The round blacke Pepper is in greatest vse for sauce and seasoning of meates. It must be moderately vsed, for otherwise, by reason of the acrimonious

aerimonious heat that it hath, it will quickly inflame the bowels, adure the bloud, and consume the genitall seede. By reason of the tenuity of its substance, it must be but grossely beaten, that the heat thereof may longer continue and operate in the stomacke: for being finely beaten, it will make lesse stay in the stomacke, and mesaraick veines, and by reason of the penetrating force of it, sooner ouerheat and dry the liuer, prouoke vrine, inflame the bloud, and the reines. It is a spice, most conuenient for cold, moist, and grosse meates, for cold and moist seasons, for the aged, for the phlegmaticke, for them that haue cold, weake, and windy stomacks, and that are subiect to distillations. But to hot, cholericke, and dry bodies, the much or often vse thereof is very hurtfull, especially in hot and dry seasons.

Ginger is the roote of a certaine plant growing in *Ginger.* Barrie and other hot Countries: being greene and newly digged vp, it is hot in the third degree, and moist in the first, but when it is growne dry, because that the moysture of it is consumed, it is dry in the second degree, if not in the third: it is of an heating and digesting quality; but it heateth with a more durable heat then pepper doth, and therefore it is more conuenient for a cold and moist stomacke, for which it is of singular efficacie, it discusseth winde, helpeth the digestion, and consumeth crude and phlegmaticke humours. It is very profitable for the aged, for such as are phlegmaticke, and full of erude, flatulent moysture in their stomackes, especially in cold and moist seasons, but the vse of it is not so good in hot seasons, nor for them that are by constitution cholericke, because the often and much vse of it will enflame, and distemper hot and drie bodies.

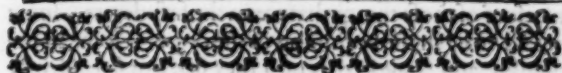
The greene rootes preferred, which we commonly call *Greene-Ginger.* greene-ginger, or ginger condite, are of pleasant taste, very good to be eaten often times, especially mornings fasting, of them that haue weake stomacks, and bad memories, and that are subiect vnto rheumes: for they greatly comfort the stomacke and head, and are also very accomodate for all the purposes aforesaid. Wherefore the vse of them

Candied Ginger.

is for old men and Students most profitable. They also increase the geniture. They are preserved two wayes, either in a syrupe of sugar, or couered ouer and incrustated according to art with sugar, which we commonly call Candied Ginger: this is best for them that be very phlegmatick, and rheumatick, and that haue very cold and moyst stomacks, because they are of a more exiccating nature; but the Ginger that is preserved in syrupe, is more conuenient for all other bodies, and for the purpose last abouerecited, because it drieth not, as the candied ginger doth, but is rather hot and moyst in quality, by reason of a substantiall moysture, that it receiueth from the syrupe, wherein it is preserved. The rootes that are preserved in syrupe, while they be fresh, Greene, and full of iuyce, are of soft and tender substance, and of a most pleasant taste: whereby you may detect the fraud of them, that boyle the dry Ginger, to make it soft, and afterward put it into a syrupe, and sell it for Greene condite Ginger: for it is somewhat blackish, tough, and hard in biting, and not so delectable in taste.

Saffron.

Saffron is hot in the second degree, and dry in the first: the moderate vse of it, wonderfully refresheth, comforteth, strengthneth, and exhilarateth the heart, for there is so great society betwixt it and the heart, that it is without delay carried thither, and for that cause it is mixed with all cardiacall medicines. It expelleth and preserveth from all pestilentiall infections, it openeth the obstructions of the liuer and gall, and is therefore good against the yellow Iaudise: it prouoketh the menstruall courses, and birth, and therefore women with childe must carefully shun the vse of it: it also dilateth the breast, openeth the obstruction of the lungs, and is for them that be short and thicke breasted, the last and greatest remedy. But if it be not moderately vsed, and that in very small quantity at a time, it is hurtfull and dangerous: for it causeth the head-ach, and offendeth the braine and senses, by sending vp sharpe fumes: it also deiecteth the appetite, and causeth faintnesse, by too much relaxing the heart, and pouring out the spirits.



OF FRVITS, ROOTES,
and HERBES, that serue
for meat, and are vsually eaten.

SECT. VII.

Whether new fruits eaten raw, yeeld any wholsome or profitable nourishment to the bodie?



Although all new fruites that abound with moysture, as most doe, may seeme to be iudged vnwholsome to be eaten raw, by reason that they fill the body with crude and waterish humours, that dispose the bloud vnto putrifaction; yet the moderate and tempestiue vse of them, may be very good and profitable, for such as vse to heate and drie their bodies with great labour and exercise, for all hot constitutions, especially for the cholericke, because they extinguish thirst, coole and moysten the body, and repress the vehement heat and ebullition of choler. But to the phlegmaticke, and such as haue crude stomackes, all raw fruites, especially those that abound with moysture, are greatly hurtfull, as hereafter shall be particularly demonstrated.

And here, before I begin to discourse of alimentary simples, I will aduertise the Reader somewhat, for his better vnderstanding, concerning the foure degrees of qualities, that Physicians constitute and define to be in Simples: as those are said to be hot or cold, &c. in the first degree, that alter a temperate body; yet if they be hot or cold, &c. but in the beginning of the degree (for euery degree hath so ample a

Foure degrees
in the qualities
of Simples.

latitude; that in every one we constitute three stations, and therefore of those things that are in the first degree, some are said to be in the beginning of the degree, some in the middle, and some in the end) they doe not so evidently alter, but that some consideratiue examination is needfull for discerning of the alteration. In the second degree are those that doe so manifestly alter, as that there is no more neede of examination, or coniecture, for vnderstanding of the alteration: and of this sort are hony and figs for heate, and lettuce for coldnesse and moystnesse, &c. Of the third degree are those that doe strongly alter, as Hyssop, Time, Cloues, Sacke, if it be not new: and in the same degree you shall finde Time to exceede Hyssop in heate. Of the fourth degree are those, that doe very greatly and vehemently alter, such as in heating are of a burning force, and in cooling of a stupefying. Wherefore that may be said to be hot or cold, &c. in the first degree, which is but slenderly perceiued of the gustatiue sense: that in the second, which is very manifestly perceiued: that in the third, which is so strongly perceiued, as that it somewhat offendeth the sense: and that in the fourth, which very greatly affecteth and annoyeth both the sense and body. And thus much concerning the vnderstanding of the foure degrees in the primary qualities of Simples. And now because that all fruites, rootes, and hearbes, haue for the most part some medicinable faculty, and are also oftentimes offensive vnto man, because they engender crude, grosse, and flatulent humours, I will particularly write of such as be in vse among vs in *England*, declaring their hurtfull qualities with their good, and how they may be rightly vsed, and of whom, with most profit, and least hurt: And first of all of Apples, because of all fruites they are most plentifull among vs.

Apples.

Apples are of a cold and moyst temperature, abounding with a superfluous, crude, and windy moysture: yet more, or lesse, according to the different kindes of them: for there are many and sundry sorts of Apples, whose diuers natures and faculties, may by the difference of their substance

stance and taste be best knowne and described. For those Apples that are of a solide substance, giue a more plentifull and durable nourishment; but they are more hardly digested, and more slowly distributed. Those that are of a soft substance, are easily digested, and distributed; but they giue a thin, waterish, and excrementall nourishment. But those that are of a mixt substance, that is, neither too hard, nor too soft, are both for concoction, and also for nutriment the best. Now, as concerning the taste: some Apples are sweet, some sowre, some of a middle taste, both sweet & sowre. The sweet Apples are not so cold as the other be, but are rather hot in the first degree: wherefore they yeeld more nourishment then other Apples do, and the same not so moyst; but they are not so pleasant to the taste, nor so acceptable to the stomacke. The sowre Apples are cooling, and therefore they yeeld little nourishment, and the same colde and crude; but the raw iuyce of them, by reason that it is of a cooling, cutting, and penetrating faculty, with some small astringency also adioyning, is good for an hot cholericke stomacke, because it mightily repelleth the frequent acrimony of choler. But those Apples that bee of a middle taste, that is, such as are both sweet and sowre, are for pleasantness of taste, acceptableness to the stomacke, goodness of iuyce, and wholesomenesse of nourishment, beside their medicinable qualitie against melancholy, and melancholicke affects, the best and wholesomest: for they temper the ficcity of that humour, and corroborate the heart by their comfortable saueur, and the stomacke, by their light astringent faculty. Such are our Queene Apples, and Russetings, as the principallest, and next our Rosiers, Pearre-maines and Pippins, Deufans, &c. There are also some Apples that are insipid, or without taste: they are of a waterish substance, altogether vnpleasant to the stomack, and vnprofitable for meat. All Apples generally are vnwholesome in the regiment of health, to be eaten raw, or before they be full ripe, or soone after they be gathered, except of them that haue hot cholericke stomackes, because they engender crude, waterish, and flatulent humors, but

Why some Apples putrifie sooner then other?

if they be baked or roasted, by reason that their flatuous cruditie is by the heat consumed, they become more digestible, more wholesome, more pleasant to the taste, and more acceptable to the stomacke. Apples may be eaten raw with least detriment in the winter, and all the yere following, according to the durableness of them (for they doe soonest rot, that are of soft substance, by reason that they haue greatest store of moisture, and those are longer kept which are of harder substance, because there is in them lesse store of moisture: for the abundance of excrementall moisture is the cause why they putrifie) because by that time they lose much of their waterish and excrementall moisture. And they are best to be eaten last after meat, because they confirme the stomack, make good digestion, especially in a cholericke stomacke. And they are also good to be eaten at going to bed, of them that haue hot and cholericke stomacks, or that are disordered by drinking much wine, or other strong drink, because they coole the stomacke, and repress the vapours that ascend to the head. Wherefore I conclude, that Apples are most conuenient for young men, for them that be cholericke, and that haue hot strong stomackes; but to olde men, to them that be phlegmaticke, that haue colde and weake stomacks, and that are subiect to aches of the sinewes and ioynts, they are very hurtfull, especially if they be eaten raw.

Pearces.

Pearces are much of the nature of Apples, and of the same temperature; but they are somewhat of a binding quality, especially those that be of an harsh and soure taste. The difference of them must be discerned by their taste and substance, euen as of Apples. Those are the best, which are of a pleasant soure sweet taste: for they comfort the heart, the stomacke, and assuage thirst. Pearces make a waterish and corrupt bloud, and engender the windy-cholick: wherefore they are very hurtfull to the aged, to them that be phlegmaticke, that haue cold stomacks, and that are subiect to the windy-collick; but they are wholesome enough, or at leastwise lesse hurtfull, for hot, dry and cholericke bodies, especially if they eat them not immoderately. They
are

are most hurtfull to be eaten before meate; because they binde the belly, especially those that be somewhat sowre, and fill the stomacke with crude and flatulent humors. They are best to be eaten after meate, because they fortifie the digestion, repress the ascending of superfluous vapors to the head, by strengthening and shutting vp the mouth of the stomacke, and by reason of their compressiue faculty; being eaten after meate, they make the belly soluble, and helpe the subduction of excrements. Baked Peares are much wholesomer then raw, and more agreeable to euery age and constitution, especially to the phlegmaticke: they are acceptable to the taste and stomacke, easily digested, and giue a good and wholesome nutriment.

Peare-Wardons, in regard of the solidenesse of their Wardons, substance, may be longest kept: they are of all sorts of Peares the best and wholesomest. They are not to be eaten raw, because that, in regard of the durity of their substance, they are very hardly digested, and breede a crude and flatulent humour; yet they may be to an hot and cholericke stomacke well liking and agreeable, especially after the drinking of much strong wine or beere, because by sigillating the mouth of the stomacke, and also by reason of their colde and crude substance, they repress and infrigilate the hot fumes that vapore to the head. But being baked or roasted, they are a delicate meat, and not onely good for them that be healthy, but also for such as be sickly, or sicke, because they are very pleasant to the taste, and acceptable to the stomacke, easily digested, greatly comfort and refresh a weake stomacke, and giue vnto the body very good and wholesome nutriment.

Quince-Peares are of a very hard and wooddissubstance: as they are very vnacceptable to the taste and stomacke; so they giue vnto the body a very vnwholsome and earthy nourishment. They are onely good for them that affect strange varieties, and that doe loue with great expence, to metamorphize meats of bad iuyce.

Quinces are cold and dry, and of a binding faculty, they are good to stay vomitings, and all kindes of fluxes. Those that

that are a little sweet are not so cold, nor so binding, as those that be sowre: for the sowre ones are colde and dry in the second degree, and of a strong binding faculty. To be eaten raw, they are no better then raw Beefe, for they are very hard of concoction, of vnpleasant taste, and of most vnwholesome nourishment. But the iuyce of raw Quinces taken by it selfe, or with a little Sugar, especially of the sowre ones, may be very good for an hot and cholericke stomacke, for cholericke vomitings and fluxes, and for cardiacall paines of the stomacke, because it quencheth the thirst, and mightily represseth the acrimony of choler. Quinces baked with Sugar, Cynamon, &c. or preserved, are pleasant, wholesome, and comfortable, especially to be eaten after meales, because they helpe the digestion, by closing and shutting vp the mouth of the stomacke, & repress the ascending of superfluous vapours to the head. Being taken before meales, they binde the belly, and after meales, if they be taken in too large a quantity, they loose and mollifie the same, by a forcible depressing of the meats: and therefore some commend the much vse of them after meales, for such as are commonly costiuē; but they greatly erre, because by reason of their compressiue and depressing force, they protrude and driue downe the meats from the stomacke, before they be digested. The Cotiniatē, or Marmalade made of Quinces, if it be well and accurately done, is very delectable to the taste and stomack, it comforteth the heart, and wonderfully refresheth a weake stomacke, and maketh it strong to retaine the meate, vntill it be perfectly digested, and is also very good and profitable for the staying of all kindes of fluxes, both of the belly and other parts. Quinces baked, or preserved, or the Cotiniatē made of them, taken in a moderate quantity, are very good and wholesome for all ages and bodies, especially by reason of their comfortatiue and astrictiue facultie, for them that haue weake and loose stomacks; except for such as are wont to be costiuē, or affected with too much astriction of the stomack; for whom by reason of their astringent faculty they are not conuenient.

Marmalade.

The

The iuycie substance of the Pomegranet is wholsome Pomegranet. and profitable for the stomacke, and therefore good to be eaten, notwithstanding that it yeeldeth a thin and small nourishment. Some Pomegranets are sweet, some sowre, and some of a middle sauour, both sweet and sowre. The sweet ones are not cold as the rest, but rather hot in the first degree, and temperately moyst: they cleanse the mouth of the stomacke, moysten the breast and spirituall parts, and make the belly soluble; but they breede winde, and in a cholericke stomacke, they are quickly conuerted into choler. In Feuers (by reason of their heat and flatulnes) they are not to be admitted. They are most conuenient for them that are of a melancholick temperature, & most hurtfull to the cholerick. The sowre ones are cold in the second degree, and of a stiptick faculty: they are more medicinal, and more fit for physicke vses, then the other sorts are: they quench thirst, extinguish the burning heate of choler, corroborate the mouth of the stomacke, stay fluxes and cholerick vomitings, inhibit the ascending of vapors to the head, and are very profitable in acute feuers, and the Cardiacall Passion proceeding of choler. By reason of their acerbity, they are soone offenseiue to the sinewes, teeth, and gummess; but the sowrenesse of them is wel mittigated with sugar, or the sowre may be eaten together with the sweete, for so the one doth correct the hurts of the other. They are good for an hot stomacke and liuer, and therefore very conuenient for them that are of a cholericke temperature, but for a cold stomacke, and especially for them that be olde and phlegmatick they are very hurtfull, because they constringe and coarctate the breast. The Pomegranets that are of a middle taste, are almost of the same force and efficacy: they are not altogether so colde, nor so binding, by reason whereof they are more pleasant to the taste, and more acceptable to the stomack, and therefore more fit for vse in time of health. They are best to be taken after meales to strengthen the mouth of the stomacke, and to stop the rising vp of vapors, especially in them that haue hot stomackes. They are also good to be

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eaten

eaten in the way of physicke, about foure houres after meales, or in the morning fasting, of them that haue hot stomacks, and also weake and subiect to vomiting through the distemperance of choler: for they haue a small abster- sion, with some astriction and refrigeration; by reason whereof they purifie and corroborate the stomacke, pre- uent the corruption of the meate, quench thirst, and extin- guish the heate of choler. Wherefore the vse of them is most profitable for them that are cholericke, and that haue hot stomacks and liuers, and most hurtfull to them that be phlegmaticke, or that haue cold stomacks. The rinds, kernels, and flowers of Pomegranets are all of a binding nature, and of much vse in phyllicke.

Peaches and
Aprecocks.

Peaches and Aprecocks are of one and the same nature: they are cold and moyst in the second degree: they yeeld a cold, crude and vnwholsome nourishment; they ingender winde, make the bloud waterish, and subiect to putre- faction. They are more hurtfull to be eaten after other meates then before; for if they be eaten after other meates, they, floating in the higher parts of the stomacke, are both quickly corrupted, and doe also corrupt the other meates; but being eaten before other meates, they excite the appe- tire, quench thirst, and by reason of their moyst and slippery substance, easily and quickly descend, and also caule the meats that are taken after them to passe downe the sooner. Wherefore it is not good to eate them, but when the sto- macke is empty; and by reason of the corruptiblenesse of their substance, a good draught of Sacke, or such like strong wine, must be sent presently after them, to digest and correct their crude and flatuous moysture. But I hold it best for such as respect their health, and can subiect their appetite, vtterly to eschew the vse of these and such like horarie and quickly perishing fruites, that fill the body with crude, phlegmaticall, and corruptible humours. They are conuenient, or lesse hurtfull for young men that haue hot and strong stomacks, and for such as are of a cholericke and sanguine temperature; but for olde men, for them that be phlegmaticke, and that haue weake stomacks,

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and subiect to winde, they are very hurtfull.

Medlars and Seruices are of one and the same nature: Medlars and they are cold and dry in the second degree, and of an a-Seruices. stringent faculty: wherefore they must not be eaten before, but after meates, in like manner as all other things ought that are of a binding faculty, to close vp and corroborate the stomacke: and they must be moderately eaten, for otherwise they will oppresse the stomacke, hinder the concoction, and engender a cold, grosse, and melancholicke iuyce. But in case of binding they are best to be eaten before meate, or at any other time when the stomacke is empty: they strongly repress choler, and stop cholericke vomitings and egections. They are not fit for meat, vntill by keeping they become soft and tender; but the iuyce of them (being greene and hard) is very profitable for physicke vses, when as there is much neede of binding. Medlars and Seruice-berries are conuenient for young men that haue strong stomackes, for them that be ouer laxatiue, or subiect to vomiting, and that are by constitution cholericke; but to olde men, to them that are of a phlegmaticke or melancholicke temperature, and that are commonly costiuē, they are very hurtfull.

The vnripe Mulberries are cold and dry almost in the Mulberries. third degree, and doe mightily binde: they are profitable for medicine, but not for meate. The ripe and new-gathered Mulberries are moyst in the second degree, they are also cooling, notwithstanding the *modicum* of heate in them, and a little binding, which is euident by their taste. They are acceptable to the stomacke, but they yeeld little nourishment; they excite the appetite, repress choler, and by reason of their much moysture, greatly moisten the inward parts, quench thirst, helpe the alperity of the throat, quickly descend from the stomacke, and make the belly soluble. They must be taken, by reason of the moysture and slipperinēsse of their substance, before meate, or at any other time when the stomacke is emptie; for they are quickly corrupted, and are offensive to the stomacke, vntill they speedily descend: and therefore they are not

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good

good to be taken after meat, because the meat will hinder their passage. And for the same cause they are very hurtfull for them that haue impure stomackes, for in such, they greatly engender winde, and increase crude and corruptible humours. They are conuenient for an hot season, for young men, for such as are of a cholericke and sanguine temperature; but hurtfull for old men, and them that be phlegmaticke.

Figges.

The greene and ripe Figs are hot and moyst in the first degree: the dry or barrell Figs are hot and dry in the second degree, and withall somewhat sharpe and biting. They are of an abstersiue and diureticke faculty; they are easily digested, and doe nourish more then other Autumne fruites. They are best to be eaten in the morning fasting, and at any other time when the stomacke is empty; for so they breede the better iuyce, and are the more medicinale for cleansing of the breast and lungs, which is a speciall vertue that Figs haue: being taken after meate, or before the stomacke be empty, especially the new ripe Figs; they quickly corrupt in the stomacke, and fill the body with crude and flatulent humours. The new ripe Figges doe giue a more moyst and staeous nourishment, then the dry ones doe, which puffeth vp the flesh, and filleth the belly with winde; and yet by their windinesse they little offend, because they quickly descend and make the belly soluble, by reason whereof the winde that they breed doth soone passe away; and in this respect, they are lesse hurtfull then other Autumne fruites. They chiefly annoy their stomacks that are subiect to the winde collicke: and therefore it is good for such to reframe the vse of them. The dry barrell Figs are of a stronger cleansing, cutting, extenuating, resolving, and concocting faculty, and therefore more effectually for cleansing of phlegme from the breast and stomacke, and for olde infirmities of the lungs. They engender cholericke and siticulous humors; and therefore they are very hurtfull to the bowels that are inflamed, or full of choler. The much vse of them, not onely because they engender ebullient humours, but also by
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reason of their property of carrying forth corrupt humors, that reside in the body, vnto the skin, causeth itching, and scabbiness, and oftentimes also the lowlie euill. They are conuenient and wholesome for them that be olde, that be phlegmaticke, that are subiect to obstructions of the breast, and for colde and moyst seasons; but to the cholerick, and them that haue hot liuers they are hurtfull, especially the often and immoderate vse of them.

The greene and ripe Dates are hot and moyst in the Dates. first degree; but if they be olde their heat is increased, and moysture abated. The soft, moyst, and sweet ones are to be chosen, because they giue a more restorative and comfortable nourishment. Those that are somewhat sowre, and of an vnpleasant taste, are more binding, and altogether vnprofitable for nourishment; and so are also those that are ouer dry or putrified. All Dates are of an astringent faculty, they yeeld a grosse, clammy, and an impinguating nourishment, by reason whereof they are very good for such as are in a consumption, or haue weake liuers, or subiect vnto any fluxe, or waste. But by reason of their grosse and obstructiue iuyce, they are hurtfull to such as are subiect to obstructions, especially of the liuer and spleene. They must be boyled in broths, or added vnto other physcally confections, that are made to strengthen, &c. for to be eaten they are not fit for any age or constitution, because they breede winde, offend the head, and corrupt the teeth. Moreouer, the greene and ripe Dates doe fill the body with crude humours; and the dry ones are of hard concoction, cause gnawings in the stomacke, and doe breede a iuyce which is quickly conuerted into choler.

There are diuers sorts of Plums, both of the garden, and Plums. also of the field, and of sundry colours, and of very different faculties. The greene and ripe ones, of what sort soeuer they are, doe coole and moysten, and fill the body with crude and corruptible humors; yet some are more wholesome, or at least lesse hurtfull then other: they may best be distinguished by their taste: for some are sweet,

some

some sowre, and some of a middle taste, both sweet and sowre. The sweet Plums doe giue more nourishment then the rest, and doe more loose the belly; but by reason of their ouer-much moysture (for they are completely moyst in the third degree) they relaxe and weaken the stomacke, and for the same reason also the nourishment which they yeeld is nothing good at all, but excrementall. They are most hurtfull to them that be phlegmaticke, and are onely conuenient for those that would moysten and keepe their bodies soluble; for by their excessiue moysture and slipperinesse, they doe moysten the body, and mollifie the belly. But they must be eaten before meales, or when the stomacke is empty; for if they be eaten after meales, as our manner is to eat them, or before that the meate is descended from the stomacke, they spoyle the concoction, and fill vp the stomacke with crude and corruptible humors.

Wilde Plums.

The sowre and harsh Plums, as Bullasis, and other that grow wilde, and also the vnripe Plums, of what sort soeuer, whiles they are sharpe and sowre, are cold & binding, and the more harsh they are, the more binding: they quench thirst, excite the appetite, binde the belly, repress choler, and extinguish the burning heat of it; but they are not meete for meat, especially those that are harsh, because they yeeld to the body litle or no nourishment at all, & are by reason of their astringent, and duritie of substance very hurtfull to the breast and stomacke; yet neuerthelesse the moderate vse of them may be, as Physicke, very profitable to a cholericke stomacke. The iuyce of them, especially of Sloes, boyled with a small quantity of Sugar, and so kept, is of excellent efficacy for stopping of the laske and bloudy fluxe, and all other issues of bloud whatsoever. The Plums that are of a middle relish, such as are our Damsons, &c. are the best and wholesomest: they are colde and moyst in the second degree, they are more acceptable to the taste and stomacke, and yeeld (although litle, yet) better nourishment then the rest: they excite the appetite, quench thirst, repress choler, and somewhat also loose

Damsons.

loose the belly : they must also bee eaten before meales, or when the stomacke is empty. These, as also all other sorts of Plummes, are best for them that are young, that are by constitution cholericke, and that haue hot and strong stomackes ; but to them that are olde, that are phlegmaticke, that haue weake and colde stomackes, and that are subiect to the winde-cholicke, they are very hurtfull, because they breede waterish and flatulent humours. Plums stewed and eaten with Sugar are somewhat wholesomer then the raw ones, and more conuenient for the stomacke.

Dried Plums, which are commonly called Prunes, are ^{Prunes.} wholesomer, and more pleasant to the stomacke, then the Greene and dry Plums : they yeeld much better nourishment, and such as cannot easily putrifie, by reason that their crude and superfluous moysture is dried vp and consumed. The Damaske and Spanish Prunes are the best, because they are the sweetest : being boyled in broths they loose the belly, and excrete out choler : being stewed and eaten betweene or before meales, they are most pleasant to the taste, excellently refresh a weake stomacke, and doe also mollifie the belly. They are most conuenient for them that are of a cholericke and sanguine constitution. French Prunes, and all such as are somewhat sowre in taste, are also somewhat of a binding, and not of a soluble faculty.

Grapes, for that they are pleasant to the taste, and also ^{Grapes.} nourish much, may haue the preheminance among the Autumne fruites. As they are diuers in taste, so are they also in quality : for sweet Grapes are hot in the first degree, and moyst in the second : they nourish most, and most of all make the body soluble ; but the nourishment which commeth of them is ouer-moyst and windie, which troubleth the belly, and puffeth vp the whole body. Sowre Grapes are cold and moyst, they quench thirst, and mightily extinguishe the ouer-much heate of the stomacke and liuer, repress the sharpenesse of choler, and cholericke vomitings, excite the appetite, and strengthen the stomacke that.

that is weakned through the distemperance of choler. They are hurtfull to euery age and constitution, except to them that are young, and of an hot and cholericke temperature. The Grapes that are harsh in taste, either by nature, or (as all Grapes are of what sort soeuer) before they be ripe, are very cold and astringent: the iuyce of them is only profitable in the way of physicke to coole, and to repressle cholericke vomitings and egestions. Those Grapes that are of a sower sweet taste, are for temperature and faculty, in a meane betweene the sower and the sweet: they excite the appetite, coole the heate of the stomacke and liuer, quench thirst, repressle the heat of choler, and excrete it thorow the belly. But all Grapes that are newly gathered, and eaten raw, doe yeeld vnto the body an ouer-moist and excrementall nourishment, they trouble the belly, fill the stomacke with winde, and inflate the melt, especially if they be immoderately eaten. But of all the sorts of Grapes, the sower and austere in taste are for meate the worst: for such kinde of Grapes doe very much hinder the concoction of the stomacke, and engender a colde and raw iuyce, which is seldome or neuer conuerted into good blood. The sweet Grapes, and such also as are a little sower, being thorow ripe, are lesse hurtfull: for their iuyce is hotter, and is easilier disperfed through the liuer, and veines. And if they be kept two or three dayes after they be gathered, and then eaten, they doe nourish the better, and are lesse windy, and troublesome to the belly, by reason that some part of their superfluous moysture is in that space consumed.

A caution concerning the eating of Grapes.

But in the eating of Grapes this caution must be obserued, that neither the skinned, nor the kernels or stones in them be swallowed downe, but onely the succulent pulpe, because they are vnprofitable to the body: for by reason of their durtie and siccity of substance, they offend the stomacke, receiue no alteration in the body at all, or very little, and also hinder the concoction and distribution of the medulline part of the Grape thorow the body, which is only nourishing. It is best eating of them when the stomacke is empty, and not after meat; for if they be eaten vpon a full

full stomacke, they spoyle the concoction, abundantly breede winde, and fill vp the stomacke with crude and corruptible humors. They are, so they be moderately eaten, conuenient for euery constitution and age, except for the phlegmaticke, and them that are olde; for in these they excessiuely increase colde, crude, and flatulent humours, which vitiate the bloud, cause rheumes, inflate the melts, and disturbe the belly. But Grapes boyled in butter, and sops of bread added thereto, and Sugar also, if they be somewhat sowre, are a very pleasant meat, and agreeable for euery age and constitution: for they are lesse windy, more acceptable to the stomacke, and yeeld more and better nourishment to the body.

Of Grapes dried through the heate of the Sunne are made Raysons: the greatest, sweetest, and fattest, are the best and wholsomest, and those we commonly cal Raisons of the Sunne: for they are of the greatest and fairest Grapes. They are hot in the first degree, and moyst in the second: they yeeld to the body much nourishment, and the same very good, for there is in them no ill iuyce at all. They are passing good for the liuer, and as it were by Nature appropriated to that part: they concoct raw humors, and by reason of their lenifying and deterstue faculty, cleanse phlegme from the stomacke and lungs, leuigate the roughnesse of the winde-pipe; and are therefore very good for the cough, and other infirmities of the breast: they doe also a little mollifie and loose the belly; but the stones in them must be taken forth, which by reason of their alstringent quality, and duritie of substance, are offensive to the breast and stomacke. They are very wholsome and good for euery season, euery age and constitution. The lesser & common sort of Raysons are not so sweet in taste, but haue rather a little pleasing sowrenesse adioyned to them, by meanes whereof they are more gratefull to the stomacke; but they yeeld lesse nourishment to the bodie, and by reason of a small alstriction that is in them, they are not so profitable for the breast, but for the same cause, they are more conuenient for them that are too

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soluble,

soluble, or subiect to fluxes, through the weaknesse of the retentive faculty.

Currants,

The small Raisins of Coriuth, which we commonly call Currants, are much vsed in meates, and that for good cause: for beside their pleasantnesse in taste, they excite the appetite, strengthen the stomack, comfort and refresh weak bodies, and are profitable for the melt. They are very good and wholsome for euery season, age, and constitution.

Cherries.

All the kindes of Cherries are generally of a cold and moyst temperature; they breede winde in the stomacke, and fill the body with crude and putrile humours. But some are farre more wholsome then other: the best and principallest are those that are of a red colour, and of a sowe sweete taste, for they delight the pallate, excite the appetite, and are more acceptable to the stomacke: they doe moderately coole, quench thirst, temper the heate of the stomacke and liuer, repress choler, and giue to the body a more commendable iuyce. Being preferred, they are a most choyce medicinable nourishment: and being boyled with butter, slices of bread and sugar, betweene two dishes, they delight the pallate, excite the appetite, and yeeld a good and wholsome nourishment, especially for hot and drie bodies. The distilled water of these, and also of the sowe ones, is very good in feuers and inward inflammations. The Cherries that be very sweete, doe deiect the appetite, relaxe the stomacke, and engender grosse and phlegmaticke humours. Those that are sowe, doe giue vnto the body no nourishment at all; but they excite the appetite, cut grosse and clammy humours in the stomacke, repress the heat of choler, and are onely good for an hot cholericke stomacke. Cherries must be eaten fresh and newly gathered, because they quickly corrupt, and that not instead of meat, but for quenching of thirst, and tempering the heat of the stomack and liuer: and for the same purposes they must not be eaten after meales, as our common preposterous vse is to eat them; but when the stomacke is empty, as an houre or two before meales, because they prouoke appetite, quickly descend from the stomacke,

stomacke, and make the belly soluble. They are conuenient for them that are young, and for such as are of a cholericke temperature, but hurtfull to the aged, and them that abound with phlegme.

The Greene and vnripe Goose-berries are cold and dry *Goose-berries.* in the second degree, and of an astringent faculty: the iuyce of them is vsed in diuers sawces for meate, instead of verjuyce, which maketh them not onely pleasant to the taste, but also very profitable to such as abound with choler, and are afflicted with hot, burning, and malignant feuers: for it extinguisheth the vehement heat of choler, very greatly resisteth the corruption of humors, and labefaction of the vitall and naturall parts. The Goose-berries that are indifferently ripe, are cold in the first degree, and moyst in the second, & are lesse binding, then when they are altogether Greene and vnripe. They are of a pleasant sowre taste, and therefore being boyled betweene two dishes, with butter, sops of bread and sugar, or as those that are skilfull in Cookery can best tell, they make a most excellent and delightful sawce for most kinds of meats, which yeeldeth to the body somewhat a cold and small nourishment; but it excitet the appetite, quencherth thirst, represseth choler, and addeth a singular grace vnto the meates, and a correctory relish also vnto such as are hot and drie, or fulsome in taste. Being eaten raw, they are very hurtfull to a cold and weak stomach, and for them that are aged, because they encrease cold and crude humours: contrariwise they are profitable to an hot stomach, because they excite the appetite, deiection by ouer-much heat, and greatly coole the inflammations both of the stomach and liuer: they are also very good for women with child, because they helpe their picarie affections, and notably preserue them from abortion. But if they are immoderately eaten, they exasperate and lode the stomake, binde the belly, and inhibit all fluxes, except they happen to be taken into a cold stomacke, for then they oftentimes rather oppresse and trouble the same by some manner of fluxe. To conclude, they are so much profitable to the cholericke and sanguine, as they are hurtfull

to the melancholicke and phlegmaticke. The Goose-berries that be thoroughly or ouer-ripe, are not, by reason of their fulsome sweetnesse, vsed in sawces, neither are they any way good to be eaten, for they fill the stomacke and whole body with grosse, crude, and corruptible humors.

Ribes,

Ribes, which with vs are commonly knowen by the name of Red Currants, are deemed to be of the same nature that Goose-berries are. Indeepe there is a great parity of nature betweene the ripe Ribes, and the Goose-berries that are a little ripe; but betweene the ripe Goose-berries, and the ripe Ribes, there is no comparison to be made at all: for whereas the ripe Goose-berries consist of a very grosse and fulsome substance, the Ribes are of a most pleasant and profitable iuyce. They are cold in the first degree, and moyst in the second, with a little siccity also concurring: they delight the pallate, excite the appetite, quench thirst, coole the inflammations of the stomacke and liuer, and wonderfully refresh and strengthen the stomacke, that is debilitated with heat: they also stay cholericke vomitings, helpe the Cardialgicke-paines of the stomacke, and excellently repress all cholericke excretions and exhalations. Wherefore they are very profitable for them that are young, and that are of an hot and cholericke temperature; but they are greatly hurtfull to the aged, to all cold constitutions, and to such as are subiect to obstructions of the breast. The Rob, that is, the iuyce of the berries boyled with a third part, or somewhat more of sugar added vnto it, till it become thicke, and so preferred, is for all the aforesayd purposes preferred before the raw berries themselves, except for such as are of a very cholericke and ardent temperature.

The Rob of Ribes,

Barberries.

Barberries are of the same nature and force that the Ribes are, and so is also the Conserue, or rather the Rob that is made of them, which is in very common vse against hot, burning and cholericke distemperatures.

Raspis, or Framboise.

Raspis or Framboise being ripe, are cold in the first degree, and temperately moyst with a small astriction adioyned, especially if they be not ouer-ripe: they are of good
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and laudable iuyce, they comfort a weake and queasie stomacke; but not so well as the Strawberie doth, for they oftentimes corrupt in the stomacke: they also quench thirst, assuage the inflammations of the throat, stomacke, and liuee, and coole the heat of vrine. They may bee eaten by themselves, or with White-wine, Claret, or Sacke; or if there be neede of cooling with Rose, or Violet-water and Sugar. They are good for them that are young, and for hot and dry bodies; but hurtfull to the phlegmaticke and aged, and all such as haue cold and weake stomacks.

Strawberies are for pleasantnes of taste, acceptableness Strawberies. to the stomacke, and goodnesse of iuyce, to be preferred before the Framboise: being full ripe, they are colde and moyst in the first degree, with a little siccity also adioyned. The great red garden Strawberies are the best and wholesomest: the nourishment which they yeeld, is little and thin, yet commendable and good. They are very delightfome to the taste, and acceptable to the stomacke: they excite the appetite, quench thirst, repress the ebullient acrimony and fluxions of bloud and choler, and excellently coole the inflammations of the stomacke and liuer. Being eaten before they be full ripe, they are, by reason of their earthy substance, quickly offensiue to the stomacke. In case of cooling, they may be well eaten with Rose, Violet, or Borage-water and Sugar: otherwise, with White-wine, Claret, or Sacke and Sugar, as the temperature and disposition of the body shall require. The distilled water of them drunke with Sugar, is very good for such as haue cholericke stomacks, or inflamed liuers, to be taken when the stomacke is empty: it is also good against the cardiacall passions, because it reuiueeth the spirits, and maketh the heart merry, and likewise against the obstructions of the kidneyes, because it prouoketh vrine, & tempers the heat of the reines. These, as also the Framboise, are with vs very vsually eaten, with the fattest and best part of milke, and Sugar, which way of eating them, is very fit and commendable for hot and cholericke bodies; but abundantly hurtfull for such as haue colde stomacks, and all that are by constitution

phlegmaticke. There may also be made of Strawberies, a Conserue, or rather a Rob, as I haue afore-shewed of Ribes, very profitable to all the purposes aforesaid.

The wilde or voluntary Strawberies, that I may so terme them, are not so good as those that are manured in gardens, because they consist of a more terrene nature, by reason whereof, as also of their stipticke asperity, they soone offend the stomacke; yet vnto such as abound with sharpe choler in their stomackes, they are very medicinable and good: for they wonderfully allwage and repress the acrimonious heat of choler. To conclude, Strawberies are in all respects conuenient and good for them that are young, that are of a cholericke and sanguine temperature; but very hurtfull to the phlegmaticke, to them that haue colde stomackes, and that are subiect to the palsey, and other affects of the sinewes.

Whorts.

Whorts, or Whortle-beries, are cold in the latter end of the second degree, and dry also, with a manifest astringency, or binding quality. They may with vs very well supply the vse of Myrtills, especially if they be not too ripe, or when they are but beginning to be ripe: they are conuenient for an hot stomack, they quench thirst, bind the belly, stay vomiting, cure the bloody flux, proceeding of choler, helpe the cholericke passion, which is a vehement purging of choler vpwards and downewards, and in a word, they are of admirable force against the great heat and feruent ebullition of choler. But they are greatly offensiuē to them that haue weak, cold, and phlegmaticke stomackes: for in such, they are so farre from binding the belly, or staying of fluxes, as that they rather trouble the same, through their colde and crude quality. In some places, the people vse to eate the Wortles in creame and milke, which way of eating them is most hurtfull, except for such as are young, and that haue hot and cholericke stomackes. The iuyce of the berries, boyled with a third part of Sugar added vnto it, till it become thicke, which the Apothecaries call Rob, and so kept, is of very good force and efficacy for the purposes aforesaid, and is, by reason that the cold and raw quality thereof

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is in the boyling exhausted, to be preferred in all things, before the raw berries themselves, except for them that haue very hot and burning stomacks.

The common Hedge, or Hasell-nut, especially if they *Hasell-nuts.* be dry, are of an earthy and vnprofitable substance: they are hard of concoction, and because they very slowly passe thorow the belly, they are troublesome, and hurtfull to the stomacke: they also breede the cough, and are very pernicious to the lungs: they are onely conuenient for rusticall bodies. Those that are newly gathered, are wholsomer then the dry: for by reason that they are of more moyst and softer substance, they are more easily concocted, and doe not altogether so much oppresse the stomacke. But I with such as haue weake stomackes, and that are studious of their health, seldome or neuer to eate them, because they breede phlegme, violate the lungs, and soone offend the stomacke and belly, by their windy and cloying substance.

Filberds are wholsomer then the common Hasell-Nuts, *Filberds.* for they consist of a better substance, and although they are also hardly digested, yet they are profitable for the liuer, especially if they be eaten with Raysons: the immoderate vse of them induceth the selfe-same hurts, that the common Hasell-Nuts doe. Those that haue their skins red, are the right Ponticke Nuts, and are both for pleasantnesse of iuyce, and facility of concoction, the best Filberds. The greene ones, that are but lately gathered, are by reason of some moysture in their substance, much wholsomer then the dry: for the dry Nuts are hot and dry in the first degree, and in the same, more dry then hot; and beside that, they are with greater difficulty digested; they also breede very much choler.

The dry Walnuts, or Walsh-nuts, are hot and dry in *Walnuts.* the second degree: they are of hard digestion, and of an astringent facultie: they increase choler, offend the stomacke, hurt the breast, and cause the cough. Those that in keeping become oylie and rancke in taste, are to be reiected, as vtterly naught and vnwholsome; for they are of an

an hot exulcerating faculty : they altogether breed choler, and very greatly annoy the breast, stomacke, head, throat, tongue, and pallate. The dry Walnuts are onely good for robustious bodies, and for such as respect not where-with they fill themselves. Those that are newly gathered are farre wholesomer then the dry ; for they are somewhat of a moyst temperature, and of a more commendable substance ; by reason whereof they are more pleasant to the taste, more acceptable to the stomacke, and of wholesomer iuyce. But they are also hurtfull to them that are strait chested, and that are subject to the cough, or other affects of the lungs. The great Royall Walnut doth for wholesomenesse in all respects far exceed the rest.

Chestnuts.

Chestnuts are hot in the first degree, and dry in the second : being well digested, they yeeld a substantiall thicke nourishment ; yet for all that, they are not approued for meat, except in the time of penurie, or for strong rusticall bodies, because they are of hard concoction, and of slow and painefull distribution : they also abundantly ingender wind, bind the belly, and offend the head. Being roasted vnder the hot imbers, or boyled, and so eaten with salt & Sugar, they are not so hard of digestion, they more easily descend, and are lesse windy; yet they make the body coltiue.

Pine-Apple
or Nut.

The kernels of this fruit are hot in the first degree, and moyst in the second : they yeeld to the body much good and substantiall nourishment, and are also of a concocting, lenifying, and cleansing faculty. They diminish and take away the corruption of humours, and also giue vnto the body a good restorative iuyce ; but they are not altogether easie of digestion, & they also offend the stomack through their acrimony, if they be too plentifully eaten. The newest and the whitest are the best. They must be eaten with Honie, or Sugar : they are best for the phlegmaticke, and them that be old, with hony: for them that are young, and that are of a cholericke and hot temperature, with Sugar ; but they must first be macerated the space of an houre in warme water, and then eaten ; for by that meanes, they are more easily concocted, and despoise all their offensive acrimony.

acrimony. They are of much vse in physicall compositions, especially for diseases of the breast; they are of excellent efficacy against an olde cough, the asthmatick passion, and consumption of the lungs: for they mundifie the lungs from phlegme, represse the vicers of them, expectorate the putrilaginous matter, and viscous humours of the same; and repaire the strengths. They are conuenient in cold seasons of the yeere, for the phlegmaticke, and them that be aged; and also for such as are young, in affects of the breast, being taken with Sugar.

Pistach or Pisticke Nuts are of an aromaticall sauour, Pisticke Nuts: and doe for wholsomenesse exceede all other Nuts. The kernels of them are much of the same efficacy and vse in physick, as be those of the Pine-Apple; but they are somewhat of an hotter temperature: the newer they are, the better and wholsomer they are: the best way to cate them is with Rose-sugar, their skins being first pilled off, and macerated the space of foure or fve houres, or more in Rose-water. They strengthen the stomacke and liuer, yeeld to the body a good impinguating nourishment, by reason whereof they are very good for bodies that are consumed, and haue lost their strengths: they excite Venus, by increasing the geniture, and fortifying the reines. They also open the oppilations of the liuer, and mesaraicke veines, mundifie the reines, and allwage their paine. They are good against the shortnesse of breath, for they remove the obstructions of the breast, by clesing forth superfluous and putrid humors that adhere to the lights and chest: for which cause, as also by reason of their restorative force, they are very greatly commended, for those that haue the phthisicke, or consumption of the lungs. They are very wholsome and good for them that be aged, and for such as are of a phlegmaticke temperature, but not so conuenient, but rather hurtfull to them that be young, and that are of an hot and cholericke temperature, because in such they distemper the bloud, and being much eaten, oftentimes procure the vertiginous euill.

Sweete Almonds haue in them a good medicinable

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nourishment: they are of an opening, concocting, and clensing faculty, whereby they are very medicinable to the breast and lungs. Those are best to be eaten which are somewhat newly gathered, for they are of a good temperature in heate and moysture, and of wholsome and pure iuyce; and they the worst, which are ouer-much withered; for the dryer they are, of worse temperature they are, of lesser and worse nourishment, of harder concoction, and more offensiue to the stomacke, through their slower descension. They are also eaten in the summer, before they be thorow ripe, when as they abound with a milky iuyce; at which time they are very pleasant to the taste, but they yeeld a grosse nourishment, and doe likewise slowly descend: wherefore it is good to eate not onely these, but also the ripe and dry Almonds with Sugar and Raysons, to cause them more lightly to descend, and with lesse offence to the stomacke. The Almonds that are not fully ripe, are onely conuenient for them that are young, and that are of an hot and cholericke temperature: those that haue their full ripenesse, and reserved all the yeere, so that they waxe not too dry, or in their colour and substance vitiated, are conuenient and good for every season, age, and constitution. There is drawne out of sweete Almonds blanchd, and beaten very small, with some conuenient liquor, as barley-water, and a little Rose-water, or such like, a white iuyce-like milke, which with Sugar-Candy also put to it, maketh a most pleasant, delectable and wholsome drinke for weake and sickly persons, especially for such as are extenuated through a feuerous distemperature: for it giueth a pure, thin, and moystning nourishment, which by reason that it is easily distributed, very speedily moystneth, comforteth, and refresheth the whole body, mitigateth the heate of choler, and procureth sleepe. Wherefore it is very profitable giuen in hot feuers to coole and moysten, and to those also that haue the pleuresie, and spee vp filthy matter: for there is in it also a concocting and lenifying faculty, by reason whereof, it is very medicinable to the breast and lungs. It is also good for those that are troubled with

Almond
milke.

with a cholericke laske, or bloudy fluxe, especially being aromatized with a little Cinnamon. To conclude, it is a drinke very profitable, not onely in sicknesse, but also in health, for all hot, cholericke, and dry bodies, for students, for them that are too vigilant, and all such as are subiect to infirmities of the breast and lungs, to be taken at going to bed, and also at any other time, so the stomacke be empty, especially in hot and drie seasons of the yeere. It is onely not conuenient for the phlegmaticke.

Many phantastickall people doe greatly delight to eate ^{Mushrooms} of the earthly excrescences called Mushrooms, whereof some are venomous, and the best of them vnwholsome for meate: for they corrupt the humors, and giue to the body a phlegmaticke, earthy, and windy nourishment, or rather detriment. Wherefore they are conuenient for no season, age, or temperature.

All the kinds of Melons or Pompions are of a cold nature, with plenty of moysture: they haue also a certaine clensing qualitie, by meanes whereof, they are medicinable to the reines; and that clensing quality is more in their seede, then in the pulpe: for which cause the seeds are very profitable for them that are troubled with the stone, or strangury. They are pleasant to the taste, but they giue to the body little nourishment, and the same scarcely good, but rather crude, and putrile. They also breede winde, and gripings of the bellie: and therefore those that are subiect to the chollicke, and that haue great spleenes, must carefully eschew them. They are conuenient for hot and strong bodies, but very hurtfull to the aged, and to them that are of a phlegmaticke and melancholicke temperature.

Cucumbers are of a very cold and moyst temperature, ^{Cucumbers} even in the third degree, especially their moyst qualitie. They yeeld vnto the bodie a cold, crude, and waterish nourishment: wherefore the vse of them in manner of a sallet with pepper & vinegar, notwithstanding that many desire them with a wonderfull delight, is to be reiected, except of them that haue very hot stomackes, for to such the moderate vse of them, by reason of their cooling & moyst-

Pickled Cucumbers.

ning quality, may be sometimes very good and profitable: for they quench thirst, greatly coole the burning heate of the stomacke and liuer, and repress choler. Those Cucumbers must be chosen, which are Greene, and not yet ripe; for when they be ripe and yellow, they are fulsome and vnfit to be eaten. The Greene and vnripe Cucumbers preferred in a pickle of vinegar and salt, are much better then those that are eaten Greene and vnpickled: for they are of farre better taste, and not of so crude and waterish substance. They excite the appetite, and are a very profitable sawce for hot and drie bodies. Cucumbers are onely conuenient for hot and cholericke bodies, and most hurtfull to the phlegmatick, and them that haue cold and moist stomackes. The seeds are also very medicinable, as those of the Melons: they are cold and also moyst, but nothing so much as the fruit: they haue an opening, clensing, and diureticke faculty. Wherefore the emulsion of these seeds, that is, the milky substance of them, as also of those of the Melon, extracted with some conuenient liquor, as we doe from Almonds, is of singular efficacy against sicknesses proceeding of heat, especially for the breast, lungs, and reins that are inflamed, for the strangury, sharpenesse of vrine, and exulceration of the bladder.

Gourds.

Gourds are cold and moist in the second degree; they are neuer eaten raw, because that then they greatly offend the stomacke; but sodden, or baked, and that way neither, but of the poorer sort of people: for they are of a waterish and insipid substance, and doe breede in the body naught, cold, crude, and flatulent humours: and therefore they greatly hurt cold and phlegmaticke bodies, and such as are subiect to the collicke and iliacke passions. They are onely conuenient for them that are of an hot and cholericke temperature: for they quench thirst, and coole the immoderate heate of the stomacke and liuer. The feedes of this fruit prouoke vrine, and alay the sharpnesse of it: and therefore they may very profitably be vsed with the former feedes in obstructions and distemperatures of the reins and bladder.

The

The greene and vnripe Beanes are cold and moist in Beanes, the first degree : they yeeld to the bodie a crude, grosse, and excrementall nourishment, and fill the stomacke and belly with winde, and make them pursie, that doe often or immoderately eate them : they cause drowlinesse, and troublesome dreames, and dull the senses, both inward and outward, especially the sight, by filling the braine with grosse melancholicke fumes. The windy and ill quality of them is much remooued, if they be sodden with Orgaine and Parsely, and afterwards eaten, buttered, and seasoned with Salt and store of Pepper : for Pepper is a speciall correctory for all grosse and windy meates. They are best agreeable for them that haue hot and strong stomackes, and most hurtfull to the phlegmaticke, and such as are troubled with the chollicke. Beanes that are almost or fully ripe, are, both by reason of the hardnesse of their skinnes, as also of the grossenesse of their substance, by much, of harder concoction, and worse nourishment, and the dry ones are worst of all. They are meate onely for plough-men, and such as are accustomed to an hard and course kinde of foode.

Pease are in their substance much like vnto Beanes, and Pease, eaten after the same manner, but they are far wholsomer then Beanes ; for they are lesse windy, and by much, of purer iuyce, not breeding so grosse and excrementall humors. There are three sorts of Pease common with vs : the white-Pease, the gray-Pease, and the greene-Pease. The two first are vsually eaten greene before they be ripe, being first boyled, then buttered, salted, and peppered : they are very delightfome to the pallat, easily digested, and yeeld a good nourishment to the body. Wherefore they are euē at the richest tables, not vnworthily ranked with the best and choicest meats. They are conuenient for all bodies, except for the phlegmaticke, and such as abound with crudities, or are much molested with the winde ; but they are most appropriate for the cholericke, and such as are in their youthly and constant age. The dry Pease as they consist of an harder substance, so they are of harder concoction, and

and of dryer and much worse nourishment; notwithstanding they are a meate somewhat pleasant to the taste, and conuenient enough for them that haue strong stomackes. There is wont to be made of the white Pease boyled, a kind of pottage, and also of the greene; but that is not so good, which we call Pease-pottage; this kinde of meate is most vsed in Lent, and in the winter season vpon fasting dayes. That which is made with the husks or skins remaining in it, is not good, but for rusticks, vnto whose stomacks the grossest and hardest kindes of meat are best agreeable. But if the Pease be streined after that they be boyled, and so the husks which are of harder concoction, and hurtfull to the stomacke kept backe, and then seasoned with salt and pepper, and a little butter also added thereunto, it is a meate of meetely good nourishment, and the more commendable, because it maketh the belly soluble, and deoppliateth or vnstoppeth the veines.

Artichocks.

Artichocks are hot and dry in the height of the first degree, if not in the beginning of the second, and full of cholericke iuyce. The best are those that are young, and tender: for when their flowers be out, they are lesse pleasant in taste, of harder concoction, and of an ill and melancholicke iuyce, especially when their flowers begin to shed. They are vnwholsome to be eaten raw, though some doe accustom so to eate them, being very young, with pepper and salt, because they offend the stomacke, hinder the concoction, and breed ill iuyce. But being boyled, and eaten with butter, pepper, and a little vinegar, they are accounted a dainty dish, and restorative, being very pleasant to the taste, acceptable to the stomacke, and powerfull for the exciting of Venus. But they are somewhat windy, and oftentimes offensive to the head, especially of such as are of a cholericke temperaturre: wherefore it is not good for such to eate too liberally of them. They are best agreeable to them that are of a colde temperaturre, but hurtfull to

Artichocks of
Ierusalem.

none, so the use be moderate. Artichocks of *Ierusalem*, is a roote usually eaten with butter, vinegar, and pepper, by itselfe, or together with other meats: It is in nature somewhat

what answerable to the former, but not so pleasant in taste, nor of so commendable nourishment. It breedeth melancholy, and is somewhat nauseous or fullsome to the stomacke, and therefore very hurtfull to the melancholick, and them that haue weake stomackes.

Coleworts or Cole are much vsed to be eaten, especial-
ly the Cabbage-Cole: there is in the iuyce of Cole a cer-
taine nitrous or salt quality, whereby it mightily clenseth,
but the whole substance or body of Coleworts or Cabbage
is of a binding and drying faculty, because it leaueth
in the decoction, the salt quality, which lyeth in the iuyce
and watery part thereof. Cole or Cabbage is of hard concoction,
and hurtfull to the mouth of the stomack: it breedeth
a grosse and melancholicke bloud, increaseth winde,
hurteth the sight, and causeth troublesome dreames, by
sending vp blacke vapors to the braine. But if it be boyled
a while, and that water cast away, and afterwards boyled
in the broth of fat flesh, it becommeth more acceptable
to the stomacke, and farre lesse hurtfull to the body. The top-
leaves and heads of Cole that are but a little closed, which
we commonly call Pushe-cole, are the best and wholesom-
est: for by reason that they are by the heat of the Sunne
better concocted, they are of tenderer substance, of easier
concoction, of pleasanter taste, and of better nourishment.
But the great, hard, and compacted heads of Cole, com-
monly called Cabbage, which are most desired of the com-
mon sort of people, are by reason of much indigested mat-
ter in them, of hardest concoction, and of worser nour-
ishment. They are onely conuenient for such as haue
strong stomackes, and that vse great labour: for vnto ro-
bustious and rusticke people nothing is hurtfull that fil-
leth the belly. Cole or Cabbage is best to be eaten in the
colde seasons of the yeare; but the young leaues or buds
of Cole are also in the spring time commendable. The
vse of Cole or Cabbage is not conuenient for them that
are aged, that leade a studious kinde of life, that haue weake
stomackes, that are of a melancholicke temperature, or
troubled with winde.

Carrots

Carrots and
Parfneps.

Carrots are moderately hot, and something moyſt: Parſeneps temperately hot, and more dry, then moyſt: they are uſed to be eaten firſt ſodden, then buttered, &c. and the Carrots are oftentimes eaten with fleſh. They are pleaſant to the taſte, and ſomewhat of hard concoction, eſpecially the Parſnep. Parſneps giue to the body much good and ſubſtantiall nourishment; but the nourishment which commeth of the Carrot is not much, and the ſame not ſo thicke and ſubſtantiall: they neither binde nor looſe the belly, for they are of an indifferent diſtribution; but the Carrot is ſomewhat more eaſily diſtributed, then the Parſnep: they are both ſomewhat windie and alſo venericious, eſpecially the Parſnep. Their flatulēt quality, and ſlowneſſe of concoction is ſomewhat remoued, if they be well and exquisitely boyled, and afterwards dreſſed with butter, vinegar, and pepper. They are conuenient for euery age and conſtitution; except for the phlegmaticke, and them that are entred within the limits of olde age, or are much ſubiect to the winde-cholicke, or obſtructions of the ſtomacke and meſaraick veines; and to ſuch the Parſnep is more diſagreeing then the Carrot.

Turneps, and
Nauewes.

Turneps and Nauewes are iudged to be all one in temperature and vertues: they are moderately hot and moyſt, but I ſuppoſe the Nauewe to be a little dryer then the Turnep. Being well dreſſed, they are pleaſant to the taſte, acceptable to the ſtomacke, eaſily concocted, and engender meetly good nourishment, ſomewhat phlegmaticke, but very flatulent. The often and much uſe of them is hurtfull to the ſtomacke, filleth and puffeth vp the body with crude, pituitous, and ſtateous humors, which breedeth obſtructions in the veines and pores, and annoyeth the ſinewes. But the crude and windy quality of them is well corrected, if they be firſt a while boyled in water, and afterwards in the broth of fat fleſh, and then eaten with plenty of Pepper, &c. They are conuenient for euery age and temperature, except for them that are very phlegmaticke, or often vexed with the winde.

Skirret-roots,

Skirret, or Skirwort-roots, are an excellent medicinable meat,

meat, they are vsually eaten boyled with vinegar, salt, and a little Oyle, after the manner of a Sallad: they are also dressed after other fashions, according to the skil of the Cooke, and the desire of the Eater. They are moderately hot, and somewhat moyst: they delight the pallate, excite the appetite, and are easily concocted: they comfort the stomacke, and giue, though not much, yet commendable nourishment: they also prouoke vrine, open obstructions, and are with all of a venerous windy faculty. They are good for euery age and constitution.

Potato-roots are of a temperate quality, and of strong ^{Potatoes.} nourishing parts: the nutriment which they yeeld is, though somewhat windy, very substantiall, good and restorative, surpassing the nourishment of all other roots or fruites. They are diuersly dressed and prepared, according to euery mans taste and liking: Some vie to eat them, being roasted in the embers, sopped in wine, which way is specially good: but in what manner soeuer they be dressed, they are very pleasant to the taste, and doe wonderfully comfort, nourish, and strengthen the body, and they are very wholesome and good for euery age and constitution, especially for them that be past their consistent age.

Iringo-roots are hot and dry in the second degree, with ^{Iringo-roots.} a tenuity of substance: they strengthen the stomacke and liuer, discusse winde, and are of excellent efficacy for all infirmities of the kidneyes, both cleansing and strengthening them. The roots condired, or preserued, with sugar, doe exceedingly refresh and comfort the body, and restore the naturall moysture. They are very greatly available for old and aged people, and for such as are weake by nature, refreshing and restoring the one, and amending the defects of nature in the other.

Garlicke is hot and dry in the fourth degree: it yeeldeth ^{Garlicke.} to the body no nourishment at all, it engendereth a naughtie and sharpe cholericke bloud: and therefore such as are of hot complexion, must carefully abstaine from it, especially in hot seasons. Yet it is good for them that are colde and moyst by constitution, and that abound with phlegmaticke,

maticke, grosse, and clammy humours, for it heareth the body exceedingly, helpeth the concoction, digesteth and consumeth crude and raw humours, dissolueth winde, attenuateth and maketh thin, thicke and grosse humors, cutteth such as are tough and clammy, digesteth and consumeth them. Also it killeth wormes, prouokes vrine, excites Venus, opens obstructions, helps the cough, & paines of the breast proceeding of colde, and likewise the winde-collicke. It is also an enemy to all cold poysons, and to the bitings of venomous beasts, a remedy to such as are constrained to take naughty corrupt drinckes or meats, and a Preseruatiue against contagious and pestilent aire, and therefore not vnfitly termed, *The Conny-mans Treacle*. But if it be often or immoderately eaten, it causeth headache, and hurteth the sight. Being moderately taken, it is conuenient for the phlegmaticke, and such as are past their constant age, especially in cold seasons; but it is altogether hurtfull to young men, and to such as are of hot constitution; and it is at all times and seasons, hurtfull to women with childe, and to them that giue sucke.

Onions.

Onions are in their temperature and faculties much like vnto Garlicke, but not so extreme hot, they are also more delightfome to the pallaxe, and more acceptable to the stomacke. They helpe the appetite, extenuate grosse and viscous humours, prouoke vrine, and remoue loathsomnesse of the stomacke, and other hurts that come by meates or drinckes of euill quality. Being eaten raw, they nourish not at all, and are very hurtfull to those that are cholericke; but good for such as are full of raw and phlegmaticke humours. But if they be sliced and macerated a while in water before they be eaten, their acrimonious and hurtfull quality is thereby something diminished, and they become more sweet and pleasant to the taste, and are a sawce good, euen for the cholericke, especially if there be any superfluity of moysture in the stomacke: for they notably stirre vp appetite to meate, comfort the stomacke, and cause good concoction. But being too often, or immoderately eaten raw, they engender ill and corruptible

tible humours in the stomacke, inflame the blood, cause drowlinesse and the head-ach, hurt the sight, confound the memory, disturbe and dull the vnderstanding. Being sodden, especially in the broth of good flesh, and so eaten with conuenient sawce, as butter, vinegar, and a little pepper, they depose all their hurt, and become somewhat nutritiue, and are accomodate, not onely for phlegmaticke persons, but also for all other, so the vse be moderate. Wherefore being vsed in pottage, or otherwise boyled for sawces, they are not hurtfull, but wholsome and comfortable to the stomacke. Onions are hurtfull to hot temperatures, and to them that be young; but profitable to such as are of a contrary temperament and age.

Scallions and Chibols are much of the nature of Onions: they are delightfome to the pallate, and vsually eaten with vinegar at the beginning of meales, for exciting the appetite, and comforting the stomacke that is delected by ouer-much heate, they helpe the concoction, correct the euilnesse of bad meates. But the immoderate vse of them is hurtfull, euen as of onions. Such as desire to eate them in Sallads, I aduise, especially if they be of hot constitutions, that they take with them Lettuce, Sorrell, and Purselane, that the heate of them, may by the colde and moysture of these be attempered. They are not good for young bodie, nor the often or much vse, for any that are of hot temperature: they are best agreable for cold constitutions, and for such as vndergoe great labour, and exercise of body.

Leekes are hot in the third degree, and dry in the second, and of an attenuating and absteriue faculty, yet very vnwholsome: for they engender a naughty melancholike blood, breede winde, and replete the head with melancholike fumes, which hurt the sight, and cause troublesome and fearefull dreames: they are also, by reason of their acrimonie, very hurtfull to the stomacke and sinewes, especially being eaten raw. Being boyled, they are lesse hurtfull, by reason that they lose much of their sharpnesse, and make the body a little soluble, and yet being so vsed, they yeeld to the body no good nourishment at all. They

are not conuenient for any age, season, or temperature; especially for the cholericke and melancholicke; but are a meate onely allowable for rusticke and robustious persons.

Ciues.

Ciues, or Chiues, are of a mixt nature betweene the Onion and the Lecke, participating of them both, as may be gathered, both by their smell and taste: they attenuate, or make thin, open, and prouoke vrine; yet ingender hot and grosse vapours, which are hurtfull to the eyes and braine. They worke all the effects that the Lecke doth, but not altogether so hurtfully: wherefore they are lesse offensive, and more wholsome for the pot, then Leekes.

Lettuce.

Lettuce is cold and moyst in the second degree: it is of easie concoction, of meetly good nourishment, and of a soluble faculty, especially if it be boyled. It hath this commendation, that of all hearbs, it breedeth least euill iuyce, and that it is with least offence eaten raw. The nourishment that it yeeldeth, is not much in quantity, but it notably cooleth a hot stomacke, and helpeth it when it is troubled with choler: it quencheth thirst, preserveth the blood from distemperature, causeth sleepe, alswageth paine of the head, proceeding of heate, and is very profitable for Nurses that are of an hot and dry temperature: for whereas, through heate and drinelle, they grow barren and dry of milke, it increaseth milke, by tempering the heat and siccity of their bodies. But in bodies that are naturally cold, it doth not encrease milke at all, but is rather an hinderance thereunto. This hearbe is much vsed in Sallads in the summer-time, with vinegar and sugar, and that not vnworthily, for it procureth appetite to meat, and tempereth the heat of the stomacke and liuer. Some vse to eate Oyle also with it in their sallads, which is not good, especially if it be not a

Lettuces eaten
with oyle in
sallads, to what
bodies onely
conuenient.

true Oyle Omphacine: for Lettuces and Oyle eaten together, doe very greatly weaken and relax the stomacke; but for the same reason, it may very profitably be admitted to them, that are affected with ouer-much astriction of the stomacke. It was vsed in ancient times, to be eaten onely at the end of supper, for repressing the vapours that come of intemperate eating and drinking, and for procuring of sleepe:

leepe: *Moderata enim veterum erant prandia, cetera vero ita-
pula & implanies dedicata.* But in these dayes, it is commonly eaten at the beginning of meales: In my iudgement, it may well be eaten at both these times, to the health of the body: for being taken at the beginning of meale, it doth stirre vp the appetite, which oftentimes is delected by ouermuch heat; and eaten after, or at the end of our meales, it defendeth the head from superfluous and offensive vapors, by reason that it cooleth and inhibiteth the rising vp of them from the stomacke into the head. But the often and much vse of Lettuce, doth weaken the stomacke, and infringe the naturall heat, dimme the sight, by incrassating the animall spirits, and hindreth procreation, *Semen, eiusque materiam, infrigidaudo, ac extinguendo,* and maketh the body lumpish. The vse of Lettuce is very hurtfull to phlegmaticke and melancholicke bodies; but it becommeth lesse hurtfull vnto them and all other, that are not by constitution impensiue hot, if Mints be eaten with it, or if it be boyled and eaten with vinegar and pepper: for Mints doe excellently correct the colde and crude moysture of Lettuce, and corroborate the stomacke; and being boyled, it is more easily concocted, and yeeldeth to the body more, and better nourishment. But whether it be eaten raw, or boyled, as the constitution of the body shall require, this is certaine, that there cannot be found any simple medicinal meat, wherewith sleepe may be procured, and the vnquietnesse of the spirits, and heat of choler appeased, as with it. It is of all hearbs the best and wholsomest for hot seasons, for young men, and them that abound with choler, and also for the Sanguine, and such as haue hot stomackes. It cannot be spoken with how great efficacy, it doth, being eaten with vinegar, extinguish the burning heat of the stomacke.

The hurts that come to the body, by the too much vse of Lettuce,

Purselane is cold in the third degree, and moyst in the second: it is much vsed to be eaten raw in sallads in the Summer-season: it cooleth an hot stomacke, prouoketh appetite, quencheth thirst, helpeth inflammations of the liuer and kidneyes, and also of the head and eyes, by extinguishing

guishing the raging heat of choler, and allaying the distemperature of the bloud. In a word, being eaten with vinegar, it is of admirable force against the burning heat of the stomacke, against cholericke vomitings, and inflammations of all the inward parts. But the often and too much vse of it, weakneth the stomacke, and hurteth the sight. It is also boyled, and eaten with oyle, salt, and vinegar, in manner of a sallad, and then it is of easier concoction; but the nourishment that commeth of it, being eaten either raw, or boyled, is very little, cold, grosse, and moyst, which vnto the phlegmaticke, to the aged, and to such as haue cold stomackes, is greatly hurtfull; but very greatly profitable to cholericke, and also to the sanguine, and all such as haue hot stomacks, or any way subiect to inflammations of the inward parts. If it be preserved in a pickle made of vinegar and salt, as is vsually done for Sampier, it becommeth a very wholsome sauce for euery season, age, and constitution: for so it rather heateth then cooleth the stomacke, and by reason of an absteriue faculty, which by that meanes it acquireth, purgeth the stomacke of grosse and putride humours.

Purslane preserved in pickle, a very wholsome Sauce.

Sea-Purslane. Sea-Purslane is moderately hot, and full of indigested moysture: the leaues thereof are boyled, and preserved in pickle, as Capers or Sampier are, and eaten in the same manner at tables: they excite the appetite, and are pleasant to the taste.

Prick-madam. Prick-madam is of a watery substance, and colde in the third degree: it is vsed for a pot-herbe, and also in sallads in the summer-season, in which it hath a pleasant taste: it is of singular force against the heart-burne, and all inward inflammations. It is very wholsome for the cholericke, and such as are young, and haue hot stomackes; but not convenient for the phlegmaticke, and them that be aged.

Spinage. Spinage, or Spinach, is colde in the first degree, and evidently moyst almost in the second: it is commonly vsed in brothes or pottage, and in sallads also, when it is young and tender. It is also boyled, and eaten, being prepared with butter, vinegar, &c. but it soone weakneth the stomacke,

make, encreaseth winde, and waterish humours, and yeeldeth to the body little or no nourishment at all: it maketh the belly soluble, moderately cooleth the lungs, represseth choler, leniseth the asperity of the throat and winde-pipe, and is good for the breast that is affected with immoderate heat. It is hurtfull for the phlegmaticke, and such as haue cold stomackes; but conuenient for the cholericke, and them that haue hot stomackes.

Blites, or Bleets, and Orach, are neere of one nature Blites, and and facultie: the Bleete is colde and moyst in the second Orach. degree: Orach is cold in the first, and moyst in the second: they are reputed among the number of pot-herbes, and are in some places eaten boyled, as other salad-herbs are: the onely good property in them is this, that they make the belly somewhat soluble, for they are of themselves vnswoury, of a crude and waterish substance, and therefore of little or no nourishment at all. They weaken and annoy the stomacke, especially in such as are phlegmaticke, they are onely allowable for cholericke and dry bodies.

There are three sorts of Beetes, the white, the red, and Beetes. the darke Greene: the last is not to be reputed among alimentary simples. The white Beete is a common Pot-herbe, it is colde in the first degree, and moyst in the second: the other kinds are somewhat dry, and all of them absterfue, by reason that they haue a certaine salt and nitrous quality ioyned with them; but the white Beete least of all. The white and red Beetes being eaten, boyled in the same manner as Lettuces are, doe quickly descend, open the obstructions of the liuer and spleene, and make the belly soluble. They yeeld to the body very little nourishment, and being much eaten, they are offensive to the stomacke, but the red Beete is to be preferred before the other. The broths or pottage wherein they be boyled, are good for such as are wont to be collicue, or subiect to obstructions of the liuer and spleene; but the leaues themselves eaten, are onely conuenient for such as haue strong stomackes. The leaues of the great red Beete, or Romane Beet boyled, and eaten with butter, or oyle, vinegar, and pepper, is a most pleasant

The great red
Romane Beete.

pleasant and delicate fallad, or meat. But what excellent and dainty meat might be made of the red and beautifull root, which is to be preferred before the leaues, aswell in beauty, as in goodnesse; I leaue to such as are expert in Cookery, alluring them that they may make thereof many and diuers dishes, delightfull to the eye, pleasant to the taste, and wholesome to the body.

Mercurie.

Mercurie is much vsed among other pot-herbes: it is moderately hot and dry, and of an abstersiue faculty: it maketh the belly soluble, and euacuateth choler, phlegme, & waterish humors. It is very good to be vsed in broths or pottage, for such as are coltiue and subiect to obstructions.

Mallows.

Mallows are also numbred among the pot-herbs: the best and wholsomest of them is the curled Mallow, called of the vulgar sort, French Mallows, and next to them the common Mallow: they are a little hot, and of a moyst and slimie substance: they are not good to be eaten boyled, as Lettuce and some other hearbes are, because they engender a grosse and slimie iuyce, which is very offensiue to the stomacke, inducing loathsomnes, by weakning and relaxing the same; but being vsed in broths or pottage, they make the belly soluble, and are lesse hurtfull to the stomacke. They are profitable for such as are wont to be coltiue, and affected with too much astriction of the stomacke. They are for physicke vses of singular efficacy in all obstructions and inflammations of the reines and bladder.

Mallows very
hurtfull to the
stomacke.

Sorell.

Sorell is colde and dry in the second degree, and because it is sowre, it cutteth and extenuateth tough & grosse humors: it exciteth the appetite, quenchem thirst, cooleth an hot stomacke, mittigateth the inflammations of the liuer, openeth the obstructions thereof, and is very profitable in all hot and pestilentiall feauers; for it strongly represseth choler, and marueilously preferueth the humours from putrefaction. Wherefore in the time of pestilence, or any euill constitution of the aire, to preuent infection, it is good oftentimes, especially mornings fasting, to chew the leaues of Sorell, and sucke downe the iuyce. And this proueth that Greene-sauce is not onely good to procure appetite,

appetite, to coole an hot stomacke, and to temper the heate of the liuer, but also wholsome against contagion. The like may be said of the iuyce hereof, which maketh a very profitable and pleasant sawce for many meates, especially in hot seasons. A posset made of the iuyce hereof with some midling Ale or Beere, is very good for such as are troubled with any hot ague, or inward inflammation, for it exceedingly cooleth the body, and quenchem thirst. A syrupe made of the iuyce hereof, is of excellent efficacy in all hot and pestilentiall feuers, and a present remedy in all fluxes, especially of blood. The leaues sodden and eaten in manner of a spinnach tart, or otherwise, looseth the belly, and doth attempt and coole the blood exceedingly. The young and tender leaues are good in fallads with other herbes, especially with * Lettuce and Mints the mixture of which three doe make a very wholsome and delicate fallade. Sorell is good in hot seasons for such as are young, for the cholericke, and the sanguine; but hurtfull to the melancholicke.

* For the one doth correct the siccity, the other the frigidity of the Sorell.

Endiue and Succory, because they are much like in operation, I ioyne them together. Succory is completely cold in the first degree, and drie in the second: Endiue is cold in the first degree, and whilest it is young, it is rather moist then drie, and is much like to Lettuce in taste and efficacy. They are somewhat astringent to the stomacke; but by reason that they be something bitter, they doe also cleanse and open, especially the obstructions of the liuer and gall: they repress choler, and are excellent, as well in meate as medicine, for an hot stomacke and liuer. The young and tender leaues and stems, which are best for meate, because they are in taste more pleasant, and lesse offensive to a weake stomacke, are eaten either raw in fallads with Mints and other like herbes, which way they are wholsome for an hot stomacke; or boyled and afterwards eaten with oyle and vinegar in manner of a fallade, and so they are lesse offensive to a cold and weake stomacke: for to be eaten raw, they are very hurtfull to them that haue cold and weake stomacks, and that are subject to distilla-

Endiue and Succory.

tions. They are also very wholesome to be boyled in broths: but what way soever they be vsed, they temper the heat of the stomacke and liuer, cleanse the blood, singularly open the obstructions of the liuer, and strengthen the same, especially Succory: for among medicinable nourishments, there is none that doth so greatly delight the liuer, and profit it being inflamed, and by reason of siccity obstructed, as Succory doth. They are not good for the aged, but very profitable for such as are young, for the cholericke, sanguine, and them that haue hot stomackes.

Dandelion.

Dandelion is like in temperature and effect to Succory: it is good to be vsed in pottage, or boyled whole in broths, or eaten in sallads, and is effectuell for those things, for which Succory is.

Borage and Buglosse.

Borage and Buglosse are hot and moist in the first degree: they purifie the blood, expell melancholy, and haue a speciall property of comforting and exhilarating the heart. Whereby it appeareth that the custome of putting or macerating them, especially the flowers and freshest leaues, in wine, is very good, and chiefly to be frequented of Students, and such as are subiect to melancholy: they are also good in broths for such as are weake, sad, and melancholicke. The flowers are very good in sallads, and the conserue made of them doth performe all the aforesaid things with greater force and efficacy. The leaues boyled and eaten in manner of a Spinach tart, or otherwise, are very wholesome, for they engender good humours, and make the body soluble. They are good for euery season, age, and temperature. Lang de beuf is in all things of like operation with Borage and Buglosse.

Lang de beuf.

Burnet.

Burnet is drie in the end of the second degree, if not in the beginning of the third, and hot in the first: it is very astringent, and therefore effectuell to stop the laske, and all fluxes of blood, and to repress cholericke vomittings, being boyled in broths for the purpose, or vsed any other way. It is also very effectuell against the plague, and other affects of the heart, as fawning, and the trembling thereof, especially being macerated in wine, and the same drunken:

The excellent
vertues of Burnet
in wine.

drunken: for the leaues being put into wine, especially Claret, yeeld vnto it not onely an excellent relish in drinking, but also maketh it much more comfortable to the heart and spirits: it notably strengthneth the stomacke, expelleth melancholy, and maketh the heart merry. Burnet is good for euery age, season, and temperature, especially for the aged, and such as are subiect to melancholy.

Cinquefoyle is dry in the second degree, and hot in the beginning of the first: it hath an astringent and consolidating faculty, and therefore very profitable to be vsed when there is neede of binding, as in fluxes, &c. It is a very good pot-herbe for such as are too laxatiue, of what age or constitution soeuer they are of; but if there be no neede of binding, it is not conuenient for the aged, nor for such as are of a melancholicke temperature.

Strawberry-leaues are in temperature and faculty much like vnto Cinquefoyle. Strawberry
leaues,

Violets are temperately cold and moist: they are good for all inflammations, especially of the lungs, for the hoarsenesse of the breast, and asperity of the winde-pipe: they extinguish thirst, temper the sharpnesse of choler, mitigate the burning heat of feuers, and coole the inflammations of the liuer, kidneyes, and bladder. The Greene and freshest leaues of Violets boyled in broths or possets with other cooling hearbes, as the young and tender buds or leaues of Endiue, Succory, Lettuce, &c. are very good to coole, moisten, and make the body soluble, to auoide choler, and to bring the parts inflamed to a good temperature. The flowers are to be preferred before the leaues, for by reason of their sweet and pleasant sinell, they are also very comfortable to the spirits. These and also the flowers of Borage, and of the Rose, are with good authority vsed in sallads; for they please a weake stomacke, comfort the heart, temper and purifie the bloud, expell sadnesse, and are enemies to melancholy. Of Violet flowers with sugar, there is made a Conserue, and also a Syrupe, most effectuell for all the purposes aforesaid. There is likewise made of Violets and Sugar, certaine Plates, called, Violet Tables,

Violets.

The flowers of
Violets, of Bo-
rage, and of
the Rose, are
very wholsome
in Sallads.

which are very pleasant to the taste, and comfortable to the heart and spirits.

All the sorts of Roses haue in them diuers and sundry faculties, because they doe consist of diuers parts: for there are in them both earthy, watery, and aery parts; which notwithstanding are not in all Roses after one sort: for in one kinde these excell, in another those. As in the White, Damaske, and Muske Roses, moyst, aery, and spirituall parts are predominant, by reason whereof they are more forceable to make the belly soluble; but this their solutiue faculty lyeth altogether in the iuyce of them, and not in the distilled water. The iuyce of the Damaske Rose doth moue to stooles, more then of the White; but most effectually of the Muske Rose: yet the Damaske Rose is for goodnesse, and pleasantnesse of smell fittest for medicine, or meat, and therefore is more commonly vsed. In the Red Roses, earthy parts are predominant, and by reason that they are of a more earthy substance, they are also of a drying and binding quality, yet not without certaine moisture adioyned while they be fresh, which they loose when they be dried: and for this cause their iuyce is of an abstersiue and solutiue faculty, and their infusion doth also make the body soluble, yet not so much as of the others aforesaid. But all the Roses haue a predominant cold temperature in the first degree: being dried and their moisture gone, they doe binde and drie, and likewise coole, but not so much as when they are fresh. The sweete and pleasant smell of Roses is very comfortable to all the senses, spirits, and principall parts of the body, and so is the distilled water of them, which doth also gently temper and coole the inward parts. The same being put into iunketting dishes, sawces, and such like other things, giueth vnto them a delectable and comfortable taste. The Syrupe made of the infusion of Roses, called of the Apothecaries, Syrupe of Roses laxatiue, is a most singular and gentle loosening medicine; for it proiecteth not onely those excrements which sticke to the bowels, but also carrieth downewards out of the stomacke and mesaraicke veines, raw, phlegmaticke

maticke and cholericke humors, and also allayeth the extre-
mity of heat in agues and burning feauers. The vse thereof is profitable to make the belly loose and soluble, and may be taken at all times, and of all sorts of people both olde and young, except of such as haue weake and moyst stomackes; for by reason of the relaxing faculty thereof, it maketh the stomacke more slacke and weake. The Conserue of Red Roses comforteth the heart and li-
uer, strengthneth a weake stomacke that is moyst and raw, and stayeth all fluxes both in men and women: It is passing good to be vsed of students, especially at their going to bed, who for the most part haue weake stomacks, and subiect vnto Rheumes, Coughes, and Consumptions: for it is of a notable absteriue, consolidatiue, and confortatiue faculty. Roses boyled in cleane water vntill they be very tender, and afterwards with a competent quantity of Sugar preferred, are so well for goodnesse, as pleasantnes of taste, to be preferred before the crude or raw Conserue, especially for such as haue very weake and feeble stomacks. The like may be said of Sugar-Roset, which is very delightfome to the paller, and comfortable to the stomacke: it strengthneth the heart, and remoueth the trembling thereof, comforteth the braine, and is, by reason of its clenking and consolidating faculty, of singular efficacy in consumptions of the lungs. The vse of it is most profitable for them that haue weake and crude stomacks, or are affected with superfluous moysture in the lungs, & subiect to consumptions.

Gillowflowers, some are in colour white, some purple, and some yellow. As they are in beauty, and sweetnesse, so they are in vertue and wholesomnes; but the yellow Gillowflowers are of greatest efficacy. They are somewhat of an hot and dry temperature: they notably comfort the heart, delight the braine, and senses, and reuiue the spirits. They may be preferred in Sugar in the same manner as we doe Roses, and so they are good against pestilentiall infections, the palsey, crampe, and such like infirmities of the braine and sinewes. The same flowers infused in vinegar, and set in the sunne for certaine dayes, as we do for making

of Rose-vinegar, doe make a very pleasant and comfortable vinegar, good to be vsed in time of contagious sicknesses, and very profitable at all times for such as haue feeble spirits, and that are subiect vnto fownings, as well smelled vnto, as eaten as a sauce with meats.

Marigold.

The flowers of Marigold are temperately hot, and somewhat dry withall: they strengthen and comfort the heart, and expell any noysome infection: wherefore the vse of them in pottage or broths is very commendable. They are of no lesse force, being dried, and so kept all the Winter for the same purpose. They are very wholesome for euery season, age, and temperature, sauing for the cholericke, and sanguine, that are much subiect to inflammations. The leaues of Marigold are in no respect like to the flowers in vertue and operation: the onely property that they haue is to mollifie the belly, and procure solublenesse, being vsed as a pot-herbe.

Asparagus.

Asparagus or Sperage is hot in the beginning of the first degree, and temperately moyst: the first and tender sprouts thereof boyled, and afterwards seasoned with oyle, vinegar, salt and pepper, and eaten in manner of a sallade, are pleasant to the taste, acceptable to the stomacke, easily concocted, and yeeld to the body a moyst and wholesome nourishment: they also gently loose the belly, open the obstructions of the liuer and melt, cleanse the breast, excite Venus, and are good for obstructions of the kidneys and bladder. They must not be eaten colde, for then they are nauseous to the stomacke: and if the first water wherein they are boyled, be cast away, and they againe sodden in fresh, or rather in the broth of flesh, they doe depose all their bitterness, and become more pleasant to the taste, and more comfortable to the stomacke. They are good for euery age and temperature, especially for olde men, and such as are subiect to obstructions.

Hop-buds.

The buds or first sprouts of the Hop which come forth in the spring, are good while they be tender, to be boyled and eaten with oyle and vinegar in manner of a sallade, as those of Asparagus are: they are hot and moyst in the first

first degree, they are pleasant to the taste, and of very pure and wholesome iuyce : they doe effectually open the obstructions of the bowels, especially of the liuer, and by a certaine singular prerogative, mundifie and purge the bloud, both in opening and procuring of vrine, and likewise in making the body soluble, auoyding thereby the superfluities of choler, and melancholy. Wherefore the vse of them is in the spring-time most accommodate for euery age and constitution, especially for the cholericke and melancholicke.

Parsley is hot and dry in the second degree: it is among Parsley, the pot-herbs the chiefeſt, and in such frequent vse that no meat is thought to be well dressed without it, and no table to be well set forth, if euen the dishes themselves be not adorned therewith. In sauces it is very pleasant to the taste, and comfortable to the stomacke : to broths it likewise giueth a pleasant and delightſome reliſh : it exciteth the appetite, diſcuſſeth winde, mundifieth the stomacke, prouoketh vrine, openeth all obstructions of the inward parts, especially of the liuer, reines, and matrice. The roots haue likewise an opening and diſſoluing faculty: wherefore the vse of them in broths is very wholesome and good; for besides their medicinable quality, they make the broth delightfull to the taste, and very agreeable to the stomacke. Parsley eaten raw is not altogether of laudable nourishment; for it breedeth a cholericke bloud, and is hardly digested: wherefore it is good to eat it but in small quantity, and that together with Lettuce, and such other like cooling hearbes. But being boyled, and so any way vsed, it is of better taste, or easier concoction, and of farre more laudable nourishment. Raw Parsley is hurtfull to the cholerick; but being boyled, it is wholesome and conuenient for euery age, season, and temperature. Women with-child may not be bold in the vse of Parsley; for by reason of its opening and relaxing faculty, it may prooue dangerous vnto them.

Alexanders are of an attenuating, and abstergent faculty, more hot and biting in taste then Parsley: they diſcuſſe winde, Alexandera.

winde, open the obstructions of the liuer and melt, and prouoke vrine more effectually then Parsley doth. The young leaues and little tender stems boyled, and eaten, seasoned with vinegar, in the beginning of the spring, are pleasant to the taste, acceptable to the stomacke, and of wholesome nourishment. The same being also preferred in a pickle of vinegar and salt, are a very wholesome sauce with meats, exciting the appetite, clenling and comforting the stomacke, and remouing oppilations. They are conuenient for euery age and constitution; especially for the phlegmaticke, and such as are subiect to obstructions.

Penyroyall, or
Organic.

Penyroyall, or Organic, is hot and dry in the third degree, and of an excellent extenuating, dissoluing, mundifying, and corroborating faculty: It is very good for such as haue squamish & waterie stomacks; for it notably strengtheneth the same, helpeth the concoction, and asswageth the paines both of the stomacke, and also of the belly, proceeding of crude and flatulent humors: It also prouoketh vrine, clenseth the lungs, and mundifieth the breast from grosse and thicke humors. In a word, it is of all pot-herbs the best and wholesomest; for it is of such an excellent smell, and delectable fauour, that it maketh euery thing wherein, or wherewith it is boyled no lesse wholsome, then sauiory. It is good at all times, and for all sorts of people, especially in the Spring, Winter, and Autumne, and for the phlegmaticke, melancholicke, and such as are aged.

Hyssop.

Hyssop, is for smell and taste but little inferiour vnto Organic: it is hot and dry in the third degree, and also of an excellent attenuating and mundifying faculty: it is comfortable to the head and stomacke, and passing good for an olde cough, and shortnesse of breath: for it notably purgeth and mundifieth the breast and lungs from grosse and phlegmaticke humours. It is at all times, especially in the spring and winter, most expedient and profitable for the aged, the phlegmaticke, and all such as abound with colde and rheumaticke humors.

Time,

Time is a very aromaticall and comfortable hearbe, hot and dry in the third degree, and of a discussing and mundifying

fiyng faculty: it is very comfortable to a weake stomacke, and of singular and excellent efficacy against the windiness of it, the Collicke Iliacke, and nephriticke passions, the cough, shortnesse of breath, melancholy, and obstructions of the matrice. The hearbe dried and decocted, or made into powder, and so any way vsed, is of farre greater efficacy then when it is greene, for all the purposes aforesaid. The vse of time is most appropriate for the phlegmaticke, and the melancholike; and being timely and moderately vsed, conuenient for euery age and constitution.

Sauory is hot and dry in the third degree, of an attenuating, discaussing, and mundifying faculty: it comforteth and strengthneth the stomacke that is weake, and prone to vomit, helpeth the digestion, discusseth winde, comforteth the braine, quickneth the sight, clenseth the breast, and passages of vrine. The hearbe dried and vsed, as I haue said of Time, is of greater efficacy, then when it is greene: in a word, it is altogether of like vertue with Time, especially good for all such as abound with colde and phlegmaticke humours.

Mint is hot & dry in the beginning of the third degree, *Mints*, whereof are diuers kindes, but two onely appertaining to meate, and they also most fragrant in sauour, that is the red garden Mint, and the Speare-Mint, and of these two, the Speare-Mint is the more excellent, both for sauour and vertue. The fragrant smell of them doth very greatly comfort the braine and spirits, stirre vp the senses, especially the memory, and make the heart cheerefull. Wherefore I aduise all such as leade a studious kinde of life, to smell oftentimes vnto them. They doe maruellously corroborate a cooled and weake stomacke, stay the hicket, and vomiting, and loosenesse of the belly, dry vp and consume crude and superfluous humors in the stomacke, excite the appetite, and cause good digestion: in a word, they are of all hearbes, the wholsomest for the stomacke, and to it most acceptable. They are passing good in sallads, for they giue vnto them a very pleasant, odoriferous, and comfortable *Mints very wholsome in* relish; but they must be mingled with Lettuce, and other *sallads,*

cooling hearbes, for otherwise, by reason of their heat, they will quickly offend an hot stomacke and liver. They inhibit the crudling of milke in the stomacke, and therefore it is good to macerate them a while in milke, that is to be drunke, for feare lest that it should cruddle or waxe sowre in the stomacke. They notably strengthen the seminall vessels, incrassate and make fruitfull the geniture, especially the red Garden Mint: wherefore it is of speciall and singular vse in all seminall fluxes. They are also of singular vse in the Stone and Strangury, being boyled in wine, or possets for the purpose, and also in broths: for besides that, they dissolve and consume the crudities of the stomacke, and strengthen the same, they also purge the reines, and vrinall passages, of grosse and slimy humours. The iuyce of Mints, taken with the iuyce of a sowre Pomegranet, or with some other competent thing for the purpose, effectually stayeth vomiting, and scouring in the cholericke passion, and also the effusion of blood, from the inward parts. Mints boyled in White-wine with a little vinegar added thereto, and the mouth washed therewith, helpeth the ill sauour of the mouth, and putrefaction of the gums. The dry powder of Mints, taken with warme milke, is a very good medicine for wormes in children, or olde folkes. The powder of Mints, is also of singular efficacy against crudity, and rawnesse of the stomacke, and effectually also for most of the purposes aforesaid. The often vse of Mints is hurtfull to hot and dry bodies; but very profitable to the aged, phlegmaticke, and melancholicke.

Bawme, and
Basil.

As Mints are appropriate to the stomacke: so Bawme and Basil are to the heart. Bawme is hot and dry in the second degree, and Basil is likewise hot in the second degree, but hath a superfluous moysture adioyned with it. They are singular good (especially Bawme) for the heart and infirmities thereof, for they strengthen the vitall spirits, expell all melancholy and sadnesse, and make the heart merry. Bawme is also good for a moyst and colde stomacke, to helpe the concoction, stay vomiting, and to open the obstructions of the braine. It is an hearbe greatly
to

to be esteemed of Students, for by a speciall property, it driueth away heavinesse of minde, sharpneth the vnderstanding, and encreaseth memory. Wherefore it is good to be vsed in broths, or eaten by it selfe in manner of a fallad, with oyle and vinegar, and sometimes also with Lettuce, Purselane, and other hearbes. Basill, I deeme to be rather fit for medicine, then for meate, because it is of ill iuyce, of hard concoction, offensive to the stomack, filling both it and the belly with winde: and being much eaten, it is also very hurtfull to the sight. But yet it is worthy to be esteemed for the sweet saour thereof, which is very comfortable to the heart, and good also for the head, so the braine be not weake, for it causeth head-ach in such as haue weak braines, by reason of the strong saour which it hath, especially being often smelled vnto. Bawme is good in fallads & broths, for euery age and constitution, especially for the phlegmaticke and melancholike, but Basill not conuenient for any.

Marjorame is hot and dry in the beginning of the third degree: it is of thin parts, and of a digesting faculty: this herb is passing good in broths, or fallads, for it comforteth the stomacke, and helpeth the concoction thereof, corroborateth the liuer, and is good for the obstructions of it: it also comforteth the heart, but especially the braine, quickneth the sight, and is of maruellous efficacy against all cold infirmities of the head. Moreouer, it prouoketh vrine, and discusseth winde with much efficacy. The Hearbe dried, and made into powder, and any way taken, doth notably comfort a cold and windy stomacke, helpe the digestion, strengthen the braine, prevent convulsions, and all infirmities of the sinewes & braine, proceeding of a cold and moist cause. In a word, it is an hearbe worthy to be much esteemed of all persons, euen for the pleasant smell of it, which to the heart and head is very comfortable. The vse of Marjorame is not good for hot and cholericke bodies, but for the phlegmaticke, and such as haue cold stomacks, and ouer-moist & weak braines, it is maruelous good & conuenient.

Betonic is hot and dry in the second degree: it hath a Betonic. cutting and attenuating faculty: it taketh away obstru-

tions of all the inward parts: in a word, the vertues of it are innumerable; but it is chiefly good for the braine and sinewes, and all infirmities proceeding from the imbecility of them. The vse of it, in broths, or otherwise, is good for euery age, season, and temperature, but chiefly for such as haue weake and feeble braines.

Sage.

Sage is a most wholesome hearbe, hot and dry in the beginning of the third degree, and of an astrictiue faculty. It helpeth the concoction, and discusseth winde, singularly comforteth the head and braine, quickneth all the senses, especially the memory, and strengthneth the sinewes. Wherefore the vse of it is exceeding good for such as are subiect to the pallsie, or trembling of the hands, and all other affects of the sinewes and braine, vpon a moyst cause. It may be eaten in fallads, or any other way vsed; but in sawces with meates of moyst substance, it is of singular profit, for it exciteth the appetite, and correcteth the superfluous moysture of the meate. The often chewing of it in the mouth, is very profitable to the sinewes and teeth, for it strengthneth the one, and preserueth the other from putrefaction. The vse of Sage is very good for women with childe, especially such as are subiect to abortion. And out of it may be extracted, &c. for women that are barren, a remedy of excellent efficacy, to make them fruitfull and apt to conceiue; but yet not conuenient for all that are childlesse. Sage, especially the much and frequent vse thereof, is hurtful in hot and dry seasons, and to leane and dry bodies; but very profitable to the phlegmaticke, to the aged, and to such as haue ouer-moyst and weake braines.

Rosemary.

Rosemary, is in vertue and quality, much like vnto Sage, for it is both hot and dry, and also alstringent: the vse thereof is very profitable, for it correcteth the superfluous moysture of meates, corroborateth and raiseth vp a cold and weake stomacke, discusseth winde, sweetneth the breath, comforteth the heart, braine, and sinewes, quickneth the senses, and memory, and strengthneth the sinewie parts. Wherefore it is good against the rheume, and all infirmities of the head, braine, and sinewes, proceeding of a cold
and

and moyſt cauſe. The Conſerue made of the flowers of Roſemarie, and alſo of Sage, which I wiſh to be often vſed of Students, eſpecially mornings faſting, & ſometimes after meale, doth greatly delight the braine, reuiue the ſpirits, quicken the ſenſes, comfort the heart, and maketh it merry. Roſemary is moſt accomodate for colde and moyſt ſeaſons, for the aged, phlegmaticke, and rheumaticke.

Coſtmary and Maudline are hot and dry in the ſecond degree, they are good for a colde ſtomacke and liuer, and prouoke vrine: the ſmell of them is comfortable to the braine. Coſtmary is alſo called Alecoaſt, and it doth well anſwere to the name, for if it be ſteeped a while in Ale, or put into a veſſell, and Ale tunned thereunto, as is vſually done in the making of Sage-Ale, it maketh a pleaſant drinke, and very comfortable to the ſtomacke, braine, and ſinewes. They are good for the aged and phlegmaticke; but hurtfull to ſuch as are young, and of an hot and cholericke temperature.

Tanſie is hot and dry in the beginning of the third degree: it ſtrengthneth the ſinewes, and is very profitable to the ſtomacke, for it concocteth and ſcowreth downwards crude and phlegmaticke humors, which adhere and cleaue thereunto. From hence may be gathered, that Tanſies in the ſpring-time, are very whoſome, and good for the ſtomacke, for the cleaſing away of phlegme, bred therein by the uſe of fiſh in the Lent-ſeaſon. And heere many may ſee their error detected, that for the making of Tanſies, doe conuſedly uſe, to giue onely vnto them a delightfull Greene colour, beſide the iuyce of Tanſie, the iuyce of other hearbes, perhaps altogether vnwholeſome, or at leaſt wiſe vnfit for the purpoſe. But if any pleaſe to adde to the making of Tanſies, the iuyce of Sorell, they ſhall willingly haue my aſſent, eſpecially if they make them for ſuch as are of a cholericke temperature. The ſeed of Tanſie is of ſingular force againſt wormes, for in what ſort ſoeuer it be taken, it killeth and expelleth them. Tanſie is conuenient for the phlegmaticke, and the aged; but hurtfull to young and cholericke bodies.

Clarie.

Clarie is hot and dry in the third degree: the onely vse thereof is for the imbecility of the reines, and for stopping of feminall fluxions, for which it is very profitable, being boyled in broths, or any other way vsed.

Rocket and Tarragon.

Rocket and Tarragon are neere of one nature and quality, hot and dry in the third degree; but Tarragon, in regard of the aromaticall and cardiacall saour of it, is to bee preferred before Rocket. Among all hearbs of an acrimonious saour, and that are vsed in fallads, they may haue the preheminance, especially Tarragon, for by reason of its aromaticall and cardiacal quality, it is much more comfortable to the stomacke, heart and head, then Rocket is. They cut and extenuate phlegme in the stomacke, excite the appetite, and helpe the concoction. They are good in fallads, but not alone, but ioyned with Lettuce, Purcelane, and such colde hearbes, for the qualifing of their acrimonious heat: otherwise being eaten alone, they distemper the liuer, and cause head-ache. Wherefore the best way to make fallads, is to mingle hot hearbes and colde together, except you will make them of purpose to coole or heate, as the nature of the stomacke, and temperature of body shall require. Rocket and Tarragon are conuenient for the aged and phlegmaticke, not for the cholericke, and such as are of hot temperature.

Towne-Cresses, or Towne-Karise.

Towne-Cresses, or as the vulgar sort doe pronounce, Town-karise, is more byting in taste then Rocket or Tarragon, and therefore more hot and dry. It is eaten with other fallad-hearbs; but what way soeuer it be vsed, it notably heateth a cold stomacke and liuer, cutteth and attenuateth grosse humors, mundifieth the lungs, helpeth the Asthmaticke, openeth and strengthneth the melt, and is well neere as good, and as effectually against the Scuruy, as Scuruy-grasse. It may not be eaten in fallads, but in small quantity, and that with Lettuce, and other cold hearbes; for it will quickly offend the stomacke, distemper the liuer, inflame the blood, and annoy the head. Water-Cresse, or Karise, is altogether of like nature and faculty, as Towne-Karise is, and is also very effectually against the stone. They are

Water-Karise.

are good for the phlegmaticke, aged, and such as are subiect to obstructions.

Auens are hot in the end of the first degree, and dry in the end of the second, with a kinde of scouring, or clensing quality: they are very wholesome in pottage or physcally broths, though they make them looke backe: for they clense away such things as adhere to the entrailes, and are good against crudity or rawnesse of the stomacke, windynesse of the belly or sides, stopping of the liuer, and clotted blood in any inward part of the body, especially being decocted in wine. The roots of Auens are in the Autumne and Winter very profitable in physcally broths, or other decoctions, for all the purposes aforesaid. They are good for euery season, age, and temperature, sauing onely for the cholericke which are free from winde, and obstructions of the entrailes.

Filipendula, is hot and dry euen in the third degree, of an opening and clensing quality, and yet with some little striction adioyned. Although this hearbe be in physcally vses chiefly profitable for the stone and strangurie, yet I thought it meete, because it is common in gardens, not here to omit it. Wherefore such as are subiect to the stone and strangury, may to their ease and comfort vse the herbe in their pottage, broths, or possets.

Cheruill is of a temperate heat, and moderate driness: it is an hearbe exceeding good and wholesome, very pleasant to the taste, delightfome to the stomacke, and comfortable to the spirits and senses. It may be vsed in pottage, broths, and fallads, &c. In fallads with other hearbes it is most acceptable, by reason that it giueth vnto them a very pleasant and delicate relish; but for fallads, the seeds while they are greene, or the round tufts or heads which containe the seeds, doe farre excell the leaues, which for pleasantnesse of taste, sweetnesse of smell, and wholesomes for euery age and temperature, doe also excell all other falladhearbes. And to be eaten by themselves as a fallade, with Oyle Omphacine, vinegar, and pepper, they exceede any other fallade for a cold and feeble stomacke. The roots of Cheruill

Rootes of
Cheruill ex-
ceeding whole-
some.

Cheruill boyled, and after dressed, as the cunning Cooke best knoweth, or onely eaten in manner of a sallade with oyle and vinegar, are singularly good and wholesome for weake and aged people, and for such as are dull and without courage: for they delight the stomacke, reioyce and comfort the heart, increase strength, excite Venus, and depell olde age.

Wormewood.

Wormewood is hot and dry in the end of the second degree: it hath a clensing faculty with some astringent adioyned: it is maruileous profitable to a weake stomacke that is troubled with choler; for it clenseth it through its bitterneffe, and by reason of the binding quality, it also strengthneth and comforteth the stomacke. Moreouer it is good against windineffe, and griping paines of the stomacke and belly: it strengthneth the liuer, and riddeth it of obstruction, and the blood of putrefaction, clensing by vrine, naughty cholericke and superfluous humors. It also helpeth the spleene when it is ouer-charged or filled with grosse feculent blood, by causing it to passe downward by the stooles, together with the excrements. Wherefore in regard of the great commodity that Wormewood bringeth to the stomacke and liuer that are weake and oppressed through the redundancy of choler or melancholy, I aduise all those in whom those humors exceed their limits, to eat oftentimes the young and tender tops, or leaues of Wormewood in sallads with other hearbs; but specially to drinke mornings fasting, and sometimes also before meales, a draught of Wormewoode wine, or Beere, or in want of them, of white wine or stale beere, wherein a few branches of Wormewood haue for certaine houres bene infused:

The wholesom-
nes of Worm-
wood wine or
beere, and for
whom it is most
conuenient.

and I assure them that they shall finde great commodity thereby; for it will clense the stomacke, liuer, gall, and spleene, discusse windineffe, cause them to haue a good appetite to meat, to be free from wormes, the Iaundice, and other diseases proceeding of choler. Hence it may appeare, that those, who being of a phlegmaticke or moist temperature, do for the weaknes and windines of their stomacks, make often vse of Wormewood beere, or of the hearbe infused

infused therein, as aforesaid, are much deceived, except that choler or melancholy shall accidentally happen to abound in their stomackes, because Worme-wood is first and chiefly good for the cholericke, next for the melancholicke, and is now and then also conuenient for the sanguine, because the sanguine constitution is very apt to grow cholericke; but for the phlegmaticke it is nothing at all auailable, vnlesse that choler or melancholy shall happen to offend their stomacks through obstructions of the gall or melt: and for such in regard of the weaknesse and windinesse of their stomackes, Wormewood-wine, or the hearbe infused in wine, as aforesaid, is far more conuenient then any Absinthiairy beere.

The seedes of Fennell are hot in the end of the second degree, and dry in the beginning of the same: the Greene branches are lesse hot and dry. The sweet Fennell doth so far exceede the common in vertue and goodnes, as it doth in pleasantnesse of taste: it comforteth a cold stomacke, discusseth wine, prouoketh vrine, and hath a singular property, of sharpening the sight. It is also very good to be used of Nurses, for it increaseth passing good and wholesome milke. The rootes are also very good in broths or other decoctions for the same intents, especially for the obstructions and paines of the kidneyes. But the seedes are of greatest force for breaking of winde, for comforting the stomacke, and allwaging the paines of it, for corroborating the braine, and preserving the sight. To conclude, the branches, seeds, and roots of Fennell are very good for the head, the lungs, the liuer, and the kidneyes: for they both open, and corroborate those parts. The young tender branches are very good in sallads, and they are likewise being preserved in a pickle of vinegar and salt, very wholesome to be eaten as a sawce with meat in the winter season. The round tufts or heads of Fennell, which containe the seede, are exceeding wholesome to be eaten, but there are commonly bred in them litle wormes of a greenish colour, which are very venomous to the braine and senses: wherefore I aduise that the said tufts or heads be opened, and the

A Caution
concerning
the eating of
the round
tufts or heads
of Fennell.

Y

wormes

wormes carefully shaken off, and afterwards washed cleane and macerated a while in cold water, and so eaten in manner of a sallade, either by it selfe, or with other hearbes: they are of an excellent confortatiue nature, and doe notably discusse winde, and open the obstructions of the liuer, breast, and braine. The greene feedes whilest they be tender, and of a yellowish colour, are also passing pleasant and wholsome to be eaten in manner of a sallade, or otherwise, for all the purposes aforesaid. Fennell is very wholsome and agreeable for euery season, age, and temperature, especially for the phlegmaticke; and such as are troubled with the winde.

Anise-seeds,
and Careway-
feedes.

Anise seeds and Careway-feedes are answerable to Fennell-feedes in operation and vertues: they discusse winde, comfort the stomacke, and helpe the concoction. They are very wholsome to be eaten any manner of way, especially for such as haue weake stomackes, and that are much subiect vnto winde. But in meates I prefer the Carewayes before either Anise or Fennell-feedes, because they are more acceptable to the stomacke, and more delightfome to the taste.

Coriander-
feedes.

Coriander feedes are of many people much vsed for the winde, but with very great error, I doubt not: for the hearbe it selfe, which beareth the seed is of a very noysome and venomous qualitie, whereof the seede in some measure doth participate. For if it bee indiscreetly vsed, and not well corrected of that filthy and malignant quality, which it receiueth from the hearbe, it hurteth the sight, and peruerteth the vnderstanding. The best way to prepare the seeds for correcting their hurtfull quality, and so to make them wholsome and fit both for meat and medicine, is to infuse them 24 houres at the least, in white wine vinegar, then to take them and dry them, and so to keepe them for their vse. Being thus prepared, they discusse winde, exsiccate crude humors, strengthen the mouth of the stomacke, and repress the ascending of vapors to the head. They are very conuenient for colde, phlegmaticke, and rheumaticke bodies.

OF THE MANNER and Custome of Diet.

SECT. VIII.

Whether a precise and exquisite manner of Diet be best for the preservation of health?



Although it be very certaine, that a precise and exquisite manner of Diet be of greatest moment, for the preservation of health, in such as are naturally infirme, and of a valetudinary state of body, yet we see by daily experience, that such as are of an healthy and sound constitution, if they alwayes obserue a precise and curious manner of living, doe for the most part liue lesse healthily: and the reason is, because they wholly addicting themselves to a curious and accurate kinde of Diet, doe suddenly vpon euery light cause, and occasion of change, incurre and fall into diuers diseases and distemperatures: wherefore a precise and exquisite custome of Diet is not conuenient for any, but for weake and sickly bodies. But that you may know what manner of Diet is best for healthy men to obserue, you must vnderstand that there is a threefold Diet, Accurate or precise, Vulgar or common, and Subvulgar. An Accurate Diet is that, when a man taketh his meates in a certaine measure, order, and number, and at fixed times, and they also such as are agreeable to his nature and constitution of body, *nec latum vnguem*, as the saying is, *ab ea regula discedit*. A vulgar Diet is opposite to the Accurate, it is plaine and rude, of no respect or consideration: for they which obserue this kinde of Diet, doe make no choise of meates, no set or fixed time of eating: for sometimes they

Three sorts of
Diet.

they eate liquid meates, sometimes hard, sometimes grosse, sometimes fine, sometimes salt, sometimes fresh, sometimes temperate, sometimes intemperate, sometimes of euill iuyce, and sometimes of good: sometimes they fill and glut themselves, sometimes they rise with an appetite; sometimes they eate twise, sometimes thrise, sometimes foure times, or oftner in a day. A Subvulgar Diet is as it were a meane betweene the Accurate, and Vulgar: for it is not so rude and plaine, as the Vulgar, nor so precise and exact, as the Accurate: for they which obserue this Diet doe commonly eate at set and appointed times, and that also with some respect and choise had of the meates. From this distinction of Diet I answer, that a Subvulgar Diet is fittest for healthy men to obserue; for they accustoming themselves to a meane and an indifferent kinde of Diet, doe farre more safely, and with much lesse perill sustaine the variety and change of ayre, meates, drinckes, &c. which euen by an ineuitable necessity are incident vnto vs in this life, then they which obserue a precise and Accurate Diet. Neither doe they with such contrary meates, and peruerse manner of liuing, ouer-charge and oppugne Nature, as those doe that vse a Vulgar Diet, which is onely fit for agreflicke bodies, for whom I write not these things.

Whether it be good for the preservation of health neuer to eate without a certaine appetite and desire?

Seeing that there is nothing that doth so greatly obtunde and weaken the native heate, and extirpate health, as a fastidious fulnesse of the stomacke, and that nothing doth so soone cause the same, as when meates are taken without appetite and desire: I therefore aduise all such as are in health, and that are desirous of the continuance of the same, that they eate not vnlesse the appetite be certaine, and the superiour intestines empty of the meates formerly received: for it is most hurtfull to the body to ingest nourishment vpon nourishment not digested; for by such meanes the œconomy of the stomacke is confounded, and the concoction

concoction, which is the root of life, consequently marred. It is a physickall axiome of perpetuall verity, that the imperfection or fault of a former concoction, cannot be amended in the next : wherefore if the stomacke performe not his office, there can neuer of crude chyle be made good blood in the liuer, neither of impure blood any good assimilation in the parts. And therefore intemperate men, which doe not giue time for the first concoction, doe fill their bodies with vitious humours, and waxe rurgide and discoloured, destroying first (by their intemperancy) the force and faculties of the stomacke, next of the liuer, and at length of the whole body. Wherefore it shall nothing profit a man to vse meats of good and wholsome iuyce, except they be digested in the stomacke : for euen as ill humors are bred of these, as of contrary meats, if they obtaine not a good concoction in the stomacke. To conclude therefore, seeing that a good concoction of the meats is a matter of so great moment for the preservation of health, I counsell all such as are truly respectiue of the same, that they oppresse not their stomacks with vntimely or immoderate eating, and before all things, that they eschew and abhor a fastidious saturity, as a thing most iniurious to Nature, and pernicious to the health of the body.

Whether it be good to prouoke with Sauces an appetite to meats, the stomacke being well and naturally affected?

Inswere, that it is better to fast and expect that hunger may excite an appetite, then to irritate the same with sauces : for to a man liuing wisely and soberly, fast with hunger, is the best and wholsomest sauce. But when hunger in gluttonous persons excite not the appetite, then the Cooke is put to his shifts by strange mixtures of things to confection a sauce, which may repaire the pallate, please the throat, and excite the appetite. And from hence not simple diseases doe spring vp, but inexplicable, and multi-forme, exceeding oftentimes the Art of Physitions. For

I would haue them to know, that dolorous Gouts, grauedinie of the head, caliginousnes of the eyes, tortures and dissolutions of the limmes, trembling of the hands, and many worse miseries then these, are not apt to be bred by parsimony, and a phylosophicall dyet, but by an abundant plenitude, occasioned by luxurious excessse. Wherefore my counsell is, that meat expect an appetite, and that the stomacke be by no meanes vntimely alliciaded vnto meate; for, as I haue said in the former question, it is the hurtfullest thing to the body, to ingest meat vpon meat vndigested. But if the stomacke be ill affected, as when it is by any diltemperature, or debility detected, I then auerre, that it is lawfull, yea, very expedient, to excite an appetite with conuenient sauces, so as it be done with this caution, that the stomacke be not by them stirred vp to the taking of more meate, then it can well digest. And here I would haue such also as are healthy to know, that I doe not so straightly reſtraine them from the vse of sauces, neither that I am against sauces so morose (for although they allure vs to inordinate and immoderate eating, yet the fault is rather to be attributed to our imprudency, and intemperancie, then to the sauce) as that I doe altogether deny them to such as haue sound stomacks, and appetites naturally good, but affirme rather, that some simple sauces (abandoning all strange and disordered mixtures) according as the temperature or state of the stomacke, nature of the meate, and time of yeare shall require, so that they be soberly, and not vntimely or gluttonously vsed, may sometimes be allowed, and that profitably, not onely to such as haue weake and feeble stomacks, but also to them that haue both stomacke and appetite healthfull and firme enough: for they cause the meats to be taken with greater delight, and such as are eaten with delight, are commonly best concocted. Of which sort are first, as most common, Vinegar, Verjuce, and Mustard, next Orenge and Lymons, and then Capers, and Sampier: for these two last, because they haue greater force to excite the appetite, then to nourish, are also ranked among the sauces. And all these are not onely good
for

for exciting the appetite, but oftentimes also very profitable for the stomacke it selfe, and other parts: for vinegar attenuateth and cutteth grosse humors in the stomacke, and represseth choler: Mustard, by reason of the heating, extenuating, and resoluing faculty that it hath, is very good for a cold stomacke and breast, which commonly are stufte with crude and phlegmaticke humors: Verjuice, and the iuyce of Orenge and Lymons are exceeding profitable for an hot stomacke and liuer, and therefore very wholesome for hot and cholericke bodies: Capers are very beneficiall to the spleene, and Sampier to the kidneyes. At what time therefore it shall please any one, or that it shall seeme good to helpe his appetite, let him then, according as the condition and constitution of his body shall require, make choyce of one or another of the aforesaid sauces. As if the stomacke shall be affected with grosse and tough humors, then Vinegar is a good and profitable sauce: If the stomacke be stufte with cold, crude, and slimie humors, Mustard: If the liuer or stomacke be of hot temperature, or disposed to inflammations, Verjuice, the iuyce of Lymons, Citrons, or sowre Orenge: If the spleene be subiect to obstructions, Capers: If the kidneyes, Sampier, &c. But all strange and confused sauces, especially such as are not of a comfortable pleasant sharpe relish, which are made to oblectate the pallate, abandon, as hurtfull to the body, and acceptable onely to lurching and devouring Belly-gods. And here I cannot but againe admonish all such as are studious of their health, that they doe not, by sauces, or delicate and dainty meats, prouoke their stomacks to excess; for meat, by copious quantity, oppressing the stomacke, doth greatly weaken the naturall heat, and subuert the digestiue faculty; and therefore, though it be of good iuyce, because it cannot be concocted, and euinced of nature, filleth the body with crude and flatulent humours. Eate ye therefore without satiety, and vse those meats with great sobriety, that besides the satisfying of hunger, do induce appetite and delight.

Whether

Whether meats much desired, albeit not laudable, are to be preferred and eaten, before such as are better, being not desired?

Answere, that the meats which are most desired, though lesse good, are to be preferred, and rather eaten : the reason is, because the meat which is desired, and taken with delectation, is more welcome to the stomacke, more firmly detained, and consequently, better digested ; whereas the meat that is not desired, nor taken with delectation, but rather against stomacke, is though it be of good and wholesome substance, seldome well digested. But this is not so generally to be receiued, as that euery kinde of meat desired, ought to be preferred before better meat not desired : for if the meat desired be of very ill nature, then it is rather to be eschewed. For example sake : if any of a sound and healthy body, shall more desire Beefe, Porke, or Mutton, then Capon, Veale, or other meates of like goodnesse ; Beefe, Porke, or Mutton, are to be granted vnto him. But if there be very much difference betweene the meat, which is desired, and a better that is not desired, that is, if the meat desired be of a very naughty and ill property, then it is not to be exhibited, because it may bring much hurt to the body, especially if in such case the appetite be often yeilded vnto, and the body not rustickly strong. Wherefore it must be regarded, whether the appetite be enormous, or too too irregular, as it is, when it desireth meates very hurtfull, and to be rather abhorred, then eaten : for then it is not to be satisfied, except sometimes in women with childe, for feare of abortion. They therefore that liue licentiously, and doe not onely satisfie their appetite, without any respect had of the meats or drinckes that they desire, but also do much delight in their dissolute manner of liuing, and doe deride others that obserue better order, are heere to be admonished, that they cease to take pleasure in an euill custome : for although they be lusty and strong for the present, and can for a time well digest, suffer surfeit, and beare immoderate diet, either by reason of their age, or by reason of a firme constitution, or by reason of custome, and

An admonition for licentious liuers.

and are not annoyed with any manifest malady; yet let them be sure, that time will halten their punishment, and that a riotous youth breedeth a miserable age, full of paines and loathsome maladies. But it seldome commeth to passe, that those which lead a dissolute and disordered life, all the time of their youth, liue vntill they be olde: for vnlesse they relinquish their euill manners, and change the course of their life, they are oftentimes vnawares afflicted with some violent disease, and so end their dayes with miserable torture, perhaps in the flower of their age, when they would most gladly liue. Wherefore let all lewd and licentious persons know, that it is farre better for them to relinquish their euill manners, and change the course of their life, while they be young, and by sober and temperate liuing, to preserve their health, then by surfet, and all manner of disorder, to make their bodies weake, sickly, deformed, and odious both to God and man.

Whether may nourishments, by how much the sweeter they are, by so much be indged the wholesomer?

Answere, that although Nature be most delighted with such meates as are sweete, yet those that are meanly sweet, giue the better nourishment, and are to be preferred. For such as are extremely sweet, bring a threefold hurt to the body. The first is fullomenesse, for by reason of their heate and grosse moysture, they soone cloy and weaken the stomacke. The second a speedy inflammation and conuersion into yellow choller, wherunto all sweet iuyces are very apt. The third obstruction of the liuer and melt, for these two bowels, especially the liuer, doe vehemently desire sweete things, and from the stomacke extract them together with their dreggy superfluities, before they are concocted, whereby the blood becomes crude and subiect to putrefaction and distemperature, and the liuer to obstruction, the grosse substance wherein euery sweete saour is fixed thepunto also conuening. All such meates therefore as are immoderately sweete, are to be eschewed, because they induce fullomenesse, and subuert the stomacke, corrupt

Meats immoderately sweet bring a threefold hurt to the body.

rupt the bloud, and engender obstructions. And thus much for them that out of a superfine daintinesse cannot liue but by sweete meates.

How many things ought such as are studious of their health, specially to respect, in electing meates conuenient for their nature and constitution.

THree, the complexion of the body, the quality or temperature of the meat, and the substance of it. The complexion or temperature of the body, is either temperate, or intemperate: if it be temperate, then meates of like temperate quality are conuenient, for conseruation of the temperature: If it be lapsed or distempered, then meates of a contrary quality, agreeable to the lapse, that it may be reduced to a temperature, are to be assumed. If therefore the lapse be in heat, meates and drinckes of colde quality agreeable to the lapse; if in colde, other in like manner of hot quality, are to be vsed. The like also is to be done in lapses of drought and moisture. And if the lapse shall bee of diuers qualities composed, a compound manner of reduction must also be obserued. But in making this reduction, it is to be obserued, that a colde constitution lapsed, requireth a stronger quality reducing it, then an hot, because it is more remote from the beginnings of life. The like respect also, in reducing a constitution lapsed, is to be had of the age. And heere it is also to be noted, that as some bodies are subiect to obstructions, and some to immoderate fluxions: so are there also some meates that are of an attenuating and soluble faculty, which are good for the former; and some of an incrassating, and an astringent, conuenient for the latter, so they be moderately, at times conuenient assumed. But if any shall eate meates, that are not conuenient for his constitution and state of body, by reason of a great desire that hee hath vnto such, hee ought to take them with their correctories; as vnto moist and phlegmatick meates, to adde things of contrary quality and substance: for by this means they will be made more agreeable to the body, and so taken with lesse offence. Thirdly, the

the substance of the meats ought to be considered, for some meats are grosse, and of hard substance, some thin, and of tender substance : these are conuenient for a weake stomacke, those for a strong : for meats that consist of thin parts, are in a strong stomacke, by reason of the great heat of the same, soone corrupted, aduised, and conuerted into choler : as for grosse and hard meats, they doe greatly oppresse a weake stomacke, and infringe the naturall heat. Wherefore the meat, as touching the substance of it, ought to be correspondent to the concocting heat of the stomacke : and therefore to such as haue strong stomackes, meats of strong nourishment, and of slow digestion, are most agreeable ; but to them that haue weake stomackes, that liue at rest, and are subiect to obstructions, meats of lighter substance, and of easier concoction, are more accommodate. Besides the complexion of the body, the temperature of the meat, & the substance of it, which are chiefly to be respected in the election of meats, the age of the person, custome of dyet, and time of the year, ought not to be neglected, in which euery one may easily direct himselfe.

Whether the ordinary vse of two meales in a day, be best for the preservation of health ?

Inswere, omitting the precise obseruation of the time, countrey, and custome, that the vse of two competent meales in a day, viz. of Dinner and Supper, is generally best for them that are within the limits of 25. & 60. yeres, leading a studious, or sedentary kinde of life, if they desire to auoyd crudity, the originall of most diseases. But such as vse much exercise, or are of an hot and cholericke temperature, may eat oftner, as three times in a day, and that more largely at each meale, for the restitution of the substantiall moylture, which by reason of exercise, and a strong naturall heat, is much exhausted. Wherefore I aduise them, not to be altogether fasting till dinner, but to breake their fast, with this threefold caution, that they finde their stomacks to be cleane and empty, that the breake-fast be slender, and that of meates of light digestion, and that it bee

A threefold caution to be obserued in the vse of breake-fasts,

The vse sometimes of one meale in a day, for what bodies conuenient.

Whether in eating one meale a day, were it better to take it at supper, then at dinner.

taken about foure houres before dinner. And here I may not omit to aduertise all such as haue plethoricke and full bodies, especially liuing at rest, and which are of a phlegmaticke temperature, that they not onely eschew the vse of breake-fasts, but also oftentimes content themselves with one meale in a day: for by this meanes, nature being for a time disburthened, as it were, of meats, vseth all her power, in digesting and expelling the reliques, whereby it commeth to passe, that the ouer-plus of bloud is abated, raw humours concocted, all manner of excrements expelled, and the whole body consequently reduced to a sound and healthy mediocrity. Here it may be demanded of such, as for the health of their bodies, can oftentimes be contented with one meale a day, whether it were better to take it at supper, then at dinner. Whereunto I answer, that at supper, because in the night season, and in sleep, the spirits are more intense to concoction, being not withdrawn vnto outward and animal actions; yet with this prouiso, that they sup not late, for great and late suppers are very offensive to the whole body, especially to the head and eyes, by reason of the multitude of vapours, that ascend from the meats that haue been plentifully received. Wherefore they must, after supper, refraine from sleepe, or lying downe, three houres at the least, and be sometimes walking, sometimes standing, and sometimes sitting, that the meats may be the better digested, and passed from the stomacke, the vapours in some measure consumed, the eyes and the whole head consequently lesse annoyed. But if any shall erroneously accustom the vse of one meale in a day, and shall then lurch and deuoure so much, or more, as may well serue for two competent refections, as some, that vsually make but one meale in a day, are wont to doe, I must tell them, that two moderate refections were farre more commendable, and better for their health, then vnreasonable feeding and glutting of themselves at once, whereby all the powes and faculties of the body are oppressed, the stomacke weakened crudities and obstructions occasioned.

Heere

Heere also may those demand, that vsually make two meales a day, what space of time ought to intercede the refection. Our vsuall time for dinner, in all places, is about eleuen of the clocke; and for supper, in most places, about sixe, according to which rule, we commonly sup about six houres after we haue dined, allowing an houres space for a meale. I doe well approoue of the distance betweene the meales, and also of the allowance of an houres space for a meale; but if Students, that may command the time, and others also, that lead a generous kinde of life, shall alter the time for refection, as to dine about ten, and to sup about five, or six, according as their appetite, strengths, and disposition of body shall require, they shall haue my better approbation, and that for three reasons. The first is, because it is not good to be so long fasting in the morning, except for moist and phlegmaticke bodies, as aforesaid: for the stomacke being ouer-long empty, attracteth from the intestines, and other parts, naughty fumes, and putrid humours, which doe not a little hurt both it and the head, especially in such as are of a cholericke temperature. The second is, because a larger time may be allowed, as shall be requisite, for the concoction and distribution of the meats receiued at dinner: for we ought not to eat againe, if wee will be diligent obseruers of our health, vntill the meat eaten before, be first concocted, and well auoided out of the stomacke, and the appetite thereupon certaine, as it is formerly demonstrated. The third reason is, that they, who being subiect vnto rheumes, hauing supped by six, which order for Students is very well obserued in our Vniuersities, will be the freer from nocturnall diseases and rheumes, vnto which Students, and such as liue a delicious, easie, and sitting kinde of life, are most subiect: and others that are free from rheumes, and nocturnall passions, hauing supped by seauen, will afterwards be the better disposed to rest, for it is not requisite, that they, especially hauing dry braines, should refraine lying downe to rest, about an houre or two after supper, which is onely conuenient to preuent obstructions. And this order of supping being obserued, there

What space of time ought to intercede dinner and Supper.

will remaine a competent time, both for one and the other, before they goe to bed, as the space of three or two houres, for the meats in some measure to concoct, and descend from the stomacke: for there is nothing more hurtfull to such as are subiect to rheumes and obstructions, then to sleepe, or lye downe within two or three houres, euen after an ordinary and frugall meale, because the vapours that then arise from the meats, residing and concocting in the stomacke, beside the inhibiting of the distribution of them, are very offensiue to the head, being not by conuenient watching, and moderate motion of the body, in some measure disculled. Thus much concerning the ordinary refecti-
ons, for such as are within the limits of 25. & 60. yeeres, whereof euery one may make vse and application agreeable to his state of body, and course of life. Now concerning the refecti-
ons of others, that are not within the afore-
said limits of yeeres, a word or two briefly.

They therefore that are past their declining age, and entered within the limit of old age, as those bee, that are past 60. or 63. yeeres of age, may not precisely be tyed to any fixed times for their refecti-
ons, but may eat three or foure times a day, or oftner, as their stomackes shall require, a little at a time, by reason of the imbecility of their digestiue faculty. Neither may children by any meanes be tyed vnto fixed meales, for they, by reason of their greater encrease of body, continuall motions, and dissipable substance through the pores, require much and often nourishment. And those also that are in their youthfull age, as from 14. to 25. being of hot and cholenicke temperature, both because they haue not attained vnto the Acme, or full height of their growing, as also by reason of their strong naturall heat, require much nourishment, and are not alwaies to be limited to two or three meales in a day. But such as are in their youthfull age, hauing grosse bodies, and of a phlegmaticke temperature, may neuer exceede three meales in a day, but rather oftentimes content themselues with two at the most, that by this meanes their moist and crude humors may be concocted and abated, and their bodies kept
within

within a laudable mediocrity. And heere I aduise all such as are solicitous of their health, to obserue at their meales three things, which I adde as an Appendix to that which hath bene spoken.

The first is, that putting aside all businesse, and shaking off all serious cogitations, they take their repast quietly and merrily, and not eat, or come to their meat with a troubled or meditating minde, for that will peruert the concoction, and cause the meate to corrupt in the stomack, by reason of the retracting of the spirits to the head. The second is, that they giue the meat due preparation for the stomacke, which is the exact chewing of it in the mouth: for the well chewing of the meat is a great furtherance to the well digesting of the same: and therefore they greatly erre, that eat ouer-greedily, and snatch vp their meat hastily, because it is both hurtfull and indecent. The third is, that they reside not in the chaire of intemperance, that is, prolong not the time in eating and drinking superfluously, but onely sit so long at meale, as that they may giue vnto Nature a competent refection: for the ingestion of too much meat is burthensome and iniurious to all the body. But if they shall at any time exceed in eating and drinking, they must make amends with a following parcity; as if the dinner shall be larger then ordinary, let the supper be the lesse, or none at all: for there is no man, albeit very carefull of his health, which doth not in this now and then transcend his limits.

Whether the eating of one or of diuers sorts of meats at a meale are alike profitable for the health of the body?

IT is a common receiued opinion, that the eating of diuers sorts of meats at a meale, is for such as desire to liue in health vtterly hurtfull, and to be reiected: for by reason of the disparity of their nature and substance, they are seldom at once well concocted, and distributed. Moreover, variety and change of meats doe greatly please the palate, and are as it were a spur vnto satiety. The strong and healthy bodies of agreflicke men, which at their meales commonly

Reasons that
make for varie-
ty of meats at
meale.

monly vse but one simple kinde of fooode, doe seeme to approue this assertion, and also the weake and valetudinary state of many others that vse to feede on diuers dishes at one time. Contrariwise he that will consider and looke into the diuers constitution and fabricke of the parts of the body, shall finde that variety is much more agreeable vnto it, then singlenesse: for which cause doubtlesse, variety of meats as it is delightfull, so also naturally to be desired, and therefore more profitable. Wherefore he that in this case condemneth variety, seemeth also to reprove Nature, especially, because it putteth off a fallidious tendernes of the stomacke, and exciteth the appetite, and is also beneficiall for costiuē bodies. Now from that which hath bene said, it is apparant, that the state of this controuersie consisteth in this, that the vse of one sort of meat at a meale, is in its nature more profitable, and more safe, in so much as concerne the naturall actions of the stomacke and liuer; but in regard of the variety of the parts and substance of the body, variety of meats is much more agreeable, and so on these grounds standeth the controuersie to be decided. In so much as the reasons of both opinions seeme to be of good force, there must be a meane and rule found out, that may direct when, and how the one, or the other, that is, one or diuers sorts of meats at a time, may be in vse, and necessary: for neither alwaies, neither to euery one, neither of euery sort, ought variety, or singlenesse of meats to be exhibited. For the manifestation therefore and solution of this matter, it must be obserued, that there are some kinds of meats that in nature and concoction differ little, and some much: Such as in nature and concoction differ little, may at one time be eaten of them that are in health, so they be not immoderately ingested: for too much meat, though it be of like nature, of easie concoction, and of good iuyce, is offensive to the stomacke, and breedeth crudities. I say of them that are in health; for to such as are sickely and infirme, sundry meats at one time, though they differ little in nature and concoction, are oftentimes troublesome and offensive, because their digestiue faculty is weake, scarcely able

The solution
of the contro-
uersie.

able to digest one simple kinde of meat. Wherefore it cannot be granted, that meats, which in substance and qualities differ much, may at one time be assumed, especially of them that haue weake stomackes, without hurt, according to the first assertion. But if they shall be neere of one substance, although of differing kinde, nor much disagreeing in qualities, there is no let, but that they may at once be concocted, because the same heat, and same time only will suffice for the concoction of them. For the reason wherefore variety in meats is hurtfull, ariseth from the great inequality of their substance, or from the contrariety of qualities, or from the facility of corruption of one, with the difficulty of concoction with another, not verily from variety. As put the Case : What doth prohibit, but that Veale, Mutton, Capon, &c. may be eaten at one time? Neither the inequality of their substance, nor contrariety of qualities, and therefore they are without any offence, with like labour concocted. The conclusion therefore may be, that it is better to eate onely of one sort of meat at a meale, then of sundry sorts, that in substance and qualities differ much ; but if they shall be neere of a nature and quality, or not much differing, then variety is to be preferred for the reasons before alleaged. Heere I may not by the way ouer-passe without iust reproofe the eating of flesh and fish at one and the same meale, without any respect : for the most part of fish and flesh doe in no wise accord, but are of a very discrepant nature, not able to be well concocted together in the stomacke, by reason whereof they daunt and ouerthrow the digestiue heat, and fill the stomacke with discordant humours, which oftentimes produce strange and dolorous symptoms. Wherefore my counsell is to all such as are studious of their health, especially to them that haue weake stomackes, that they eschew this euill custome, and relinquish it to belly-gods, and them that haue vnbrideled appetites, who rather choose for a momentary pleasing of their pallars, to liue fettered with gouts, racked with feuers, & tormented with stones, then by moderate and discreet feeding, to acquire

The eating of
flesh and fish
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an happy, sound, and healthfull state of body. Now to that which is vrged against variety of meats, that it entiseth to repletion, and satiety, conuinceth not this assertion; for that is not the fault of Nature, which is well-pleased with a meane, but of ignorance, and indiscretion. Wherefore it was well said of *Plato*, that there is danger in variety, for no other cause, but for that wee easily yeeld to pleasure and sensuality. The offence therefore, if the matter be rightly weighed, commeth not from the meat, but from our vnbri- dled appetite. Neither is the example of agrestick people of any force: for the healthines and sound state of their bodies is not to be attributed to their plaine & simple food, but to their great accustomed labour and exercise. Variety therefore of meats may offend with immoderation, neuer with temperancy. Wherefore to conclude, I aduise all such as are respectiue of their health, especially that are of tender nature, and state of body, not to eat at one time meats greatly differing in nature and concoction; for euery inequality of concoction, is a *præliudium* of crudity, and corruption, which the liuer cannot correct. Neither at any time sensually to oppresse and labefie the digestiue faculty of the stomacke, with too great variety of meats, although they differ not much in nature and concoction: for to feede vpon more then foure dishes euen at a geniall meale, is somewhat immodest and excessiue.

Whether
bread ought
to be taken
with the meats
in any suitable
measure and
porportion.

Here some may demaund, whether bread, which is the very ground of our nourishment, be, to be alwayes taken in any certaine measure or quantity? Whereunto I briefly answere, that it is, in regard of the meats that are eaten with it, to be taken in a diuers measure and proportion: for the bread that we eat, ought at least to be double to the flesh, so much and halfe so much as of eggs, and three-folde or more vnto fish, especially of the moylster sort, that the superfluous moysture of it, may by the siccity of the bread, be attempered. They erre therefore that eat very little bread with their meats: for you shall finde them to haue tumide bodies, or at least, waterish and impure stomackes, by reason of windy crudities wherewith they abound.

Whether

Whether it be better to sup more liberally, then to dine?

IT hath been a great question, whether the Supper should be greater then the Dinner; or contrariwise, the Dinner greater then the Supper. But this doubt with certaine cautions may easily be discusled; for neither the one, nor the other may without limitation, and distinction be affirmed. Wherefore I answer, that it is more expedient for such as are healthy and strong, to eat more at Supper, then at Dinner, and that for two reasons. The first, because the coldnesse of the night, and sleepe ensuing, doe greatly helpe concoction, through the regression of the spirits and heat into the interior parts. The second is, because the time from Supper to break-fast, or Dinner is much longer, then from Dinner to Supper: and therefore it is very meete that the Supper should in some congruent measure be greater then the Dinner, according as the time following, in both respects, is more fit and commodious for concoction. Great and weighty affaires either publicke or private, and also serious meditations may be a third reason in time of such occasions, to eate more freely at Supper then at Dinner; because men after a full meale are commonly very vnapt vnto any labour or exercise, either of minde or body. And besides that, if they should eate much at Dinner, and afterwards by necessity of their place and calling, vndergo any great or weighty businesse, they quickly subuert their state of body; and the reason is, because much meat doth first contract to the stomacke the spirits, and almost the whole force of Nature, for the concocting of it, which serious meditations, or businesse of importance doe afterwards diuert to the head: whereby it cometh to passe, that the spirits can neither sufficiently assist the braine in contemplation, nor the stomacke in concoction; but the meates in the stomacke, by reason of this distraction, being destitute of sufficient heat, become raw, and fill the body with grosse, putride, and flatulent humours. And heere I must aduertise them that they erre not in eating more liberally at Supper then at Dinner, as to

For whom it
is not con-
venient to sup
more liberal-
ly, then to
dine.

fill themselves till their bellies strout, and that they can scarce breathe; for I minde not, nor in any case approve such a large Supper, but a frugall rather; yet such in which is eaten more then at Dinner, for the reasons before alleaged. But this (as I have said) is not so generally to be received, as that it may be expedient for every Man to eat more liberally at Supper, then at Dinner: for it is not convenient for grosse and phlegmaticke bodies, for feare of a suddaine suffocation in sleepe, or at least, of troublesome and painefull sleepe, which in them, by reason of the straitnesse of the passages, may through much phlegme, and a large Supper, often be occasioned. Neither for the same reason is it good for them to sup more liberally, that are very olde, or subiect to obstructions, or nocturnall diseases, for in such the distribution of the nourishment is commonly difficile, which alwayes indicateth a slender Supper. Neither is it convenient for them to sup more liberally that are troubled with rheumes, or any infirmity of the head, except there bee a drie distemperature of the braine, because a full Supper repleateth the head with vapours. Therefore to conclude this question, in making a larger Dinner or Supper five things are remarkeable: the concoction, the space betweene the meales, the busineses, the distribution, and the condition or state of the head. In respect of the concoction, of the space betweene the meales, & of busineses of great weight, it is better to sup more liberally then to dine, for the reasons before alleaged. But in respect of a difficile distribution, it is better to dine more liberally then to sup, because a more easie and better distribution of the nourishment, into every part is made by day, when the body is in motion, then by night, when it is at rest. In like manner in all infirmities of the head, except there be, as I have said, a dry distemperature of the braines, it is better to dine more liberally, then to sup, because the head will be lesse annoyed with the vapours that ascend from the stomacke. And heere by the way I advise all such as are subiect to distillations from the head to forbear liquid meats at Supper, and to sup for the most part

part on roasted meats, because they are lesse vaporous; but for such as are wont, by reason of a dry braine, to paise the night without sleepe, or competent rest, moist and forbile meats, because they best refresh the braine, and procure sleepe, are most profitable: and for the same reason, it is best for them to make a larger Supper, then Dinner, that the braine may more plentifully with vapors in the night season be refreshed.

Whether it be better to begin, and also to end the meale with meat, then with drinke?

THis is a question worthy of consideration, because an orderly manner of eating and drinking at meales doth much concerne the stomacke, and the good concoction of the meats. And forasmuch as it is not good for all men to begin and end their meales alike, I advise all such as are respectiue of their health, to search out and consider thoroughly the nature and disposition of their stomacke; for there is in it humor, or siccitie, which will demonstrate in what manner it is best for them to begin and end their meales. Wherefore he that is studious of his health, ought to consider, whether his stomacke be moist or drie, or of a meane betwixt both. If there be excelsse of moisture in the stomack, like as commonly is in them that be phlegmatick, then to begin the meale with drinke, is very hurtfull, because it weakneth the stomacke and liuer, deiefteth the appetite, breedeth much winde and crudities: and it is also no lesse hurtfull to end with drinke, because it subuerteth the concoction, and abundantly filleth the bodie with crude and flatulent humors. But if there be excelsse of drynesse in the stomacke, like as commonly is in such as be cholericke, then it is good to begin the meale with drinke, that the present thirst may be allwaged, the stomack moistened, and the appetite, which ouer-much heate and drynes doth deieft, excited: and it is also no lesse auayleable to end with drinke, both because, that whatsoeuer of the meat shall remaine in the mouth of the stomacke, may therewith be carried toward the bottome of the same, where the

Wherewith it
is best for
them that be
rheumaticke
to finish and
shut vp their
meales.

concoction is perfected; and also that thirst, seeing that they are by nature very thirstie, may be preuented. If the stomacke shall be neither too moyst, nor too drie, but of an indifferent temperature, then, I say, it is best to begin the meale with meat, but to end it with drinke, to the end that no part of the meat may sticke, or be at a stay about the mouth of the stomacke, but may of it be carried into the ventricle, which is the bottome of the stomach, the very promptuarie for the meats, and place of absolute concoction. And here I must aduertise them that shut vp their meale with drinke, that they doe it with a moderate draught, for to end the meale with much drinke, doth by euerting the concoction, cause eructations, and beget much winde and crudities. But those that are subiect vnto rheumes and distillations from the head, ought not in any wise, hauing not drie and thirstie stomacks, to shut vp the meale with drinke, and then also but with a very litle quantitie, because it increaseth rheumaticke humors, for it is much better for them to take alwayes some stipticke thing after meale (the which is likewise good, and farre better then Beere, for hot and drie bodies, that are rheumaticke) that may inhibit the ascending of vapors, by closing vp the mouth of the stomach, as are, Quince preserued, the iuyce of Pomegranet of a middle sauour, which is neither too sowre, nor too sweet, and the Conserue made of Red Roses: the vse of these vpon meales is very profitable for all such as are subiect vnto rheumes; but the Pomegranet is most agreeable to them that haue hot, cholericke, and thirstie stomacks. Now whereas it hath bin shewed, that it is expedient for some constitutions to begin their meales with drinke, I must aduertise the Reader, that he take it with some limitation, as that there be no broths or pottage at table, for if there be, they are to be preferred before drinke, and alwayes taken in steede thereof, at the beginning of meale (except of them that are molested with rheumes, or affected with crudities of the stomacke, for vnto such, liquid and potulentall meats are not profitable) because they are acceptable to the stomacke, and doe as it

were

were, by reason of their liquiditie, very fitly prepare the way for other meats.

How many things ought those that are studious of their health, to observe in the use of drinke?

THe necessitie and vse of drinke is first to preferue naturall moysture: secondly, to make a good mixture, concoction, and distribution of the meats: all which, that they may be effected without inconueniences, three things must be regarded and obserued in the vse of drinke. The first is, that it be taken moderately at meales, and that not at two or three great draughts, but by sundry little draughts, for abundance of drinke at meales, marreth the concoction, both by causing the meats to fluctuate in the stomack, and also by weakning and relaxing the same: whereupon crude and phlegmaticke humors are abundantly increased, and consequently rheumes, fluxes, and many other inconueniences to the body and members. And the drinke must be mixt with the meats, not by great, but by sundry little draughts: for great draughts, doe weaken the stomacke, infringe the naturall heat, which then is in concoction, driue downe the meat too hastily, and corrupt the whole body with ouer-much moysture and cruditie. Wherefore my counsaile to them is, that are respectiue of their health, that they drinke at their meales often & little at a time, and also that they swallow down the drinke not hastily, but leasurely: for the drinke being mixt with the meats, by diuers little draughts leasurely taken, well tempereth them without annoyance, both for concoction, and also for distribution. For example sake: with vs to whom Beere is more agreeable for an ordinarie drinke, then Wine, let this be a generall rule for taking of drinke at meales. Let the first draught be of an ordinary Beere for thirst sake: the second also of Beere for mixture of the meats: the third and fourth of wine, or in want thereof, of stronger Beere, for the better mixture, concoction, and distribution of the meats, and if it be a geniall meale, or much larger then ordinarie, another draught of Wine is also allowable. Afterwards

To drinke little and often at meales, is better, then to drinke much at once.

A generall rule for drinking at meales.

wards vpon meates taken againe, let there be assumed a draught of ordinarie Beere, and therewith, or a little meat superassumed, according to the nature of the stomacke, as is demonstrated in the precedent question, let the meale be concluded. But to this rule euery one may not exactly betake himselfe, for of drinking at meales, no certaine prescript can be constituted, because the drinke is to be increased, and diminished, according to the temperature and disposition of the stomacke in heat, and coldnes, drinetse, and moysture, loosenes, or stipticknes, and also according to the temperature and substance of the meates. Wherefore you must consider whether the meat be correspondent to the stomacke, or not: As whether a drie meat be taken into a drie stomacke, or a moyst: for if a drie meat be receiued into a drie stomacke, then the drinke is to be increased; but if it be receiued into a moyst stomacke, then the drinke is to be taken in the same measure, as if both stomacke and meat were of an indifferent temperature. In like manner the substance of the meat ought to be considered, whether it be grosse, or thin: if grosse, then a larger quantitie of drinke for the concocting and distributing of it is necessarie: if thin, then a lesse portion will suffice. The like Indication may be taken from the disposition of the stomacke, which if it be subiect to laxitie, then a lesse portion of drinke; if to stypiticitie, then a greater is to be assumed.

The second thing that is to be obserued in the vse of drinke is, that the drinke be attempered to the temperature of the aire, of the season, of the countrey, of the meates, and of the person receiuing it: for by this meanes, the natieue heat will be the better moderated, and the body consequently preserved in a sound and healthy temperature.

The third thing which, concerning the vse of drinke, those that are studious of their health ought to obserue, is that they wholly betwixt dinner and supper, abstaine from drinke, excepting onely a Dilutiue draught, whereof I will heereafter speake, because it breedeth crudities, except necessity, as sometime in them that be cholericke, or custome shall require it: the later of which, notwithstanding is
vicious,

vicious, and therefore by little and little to bee relinquished.

Whether the drinking of wine at meales onely, betweene the eating, and not also before and after meales, bee expedient and profitable for the body?

THE wholesomnesse of wine, in helping the concoction, nutrition, and exhilarating the spirits and heart, moderately taken at meale, as the temperature of the body, and time of yeere shall require, is so well and commonly knowne, as that it needeth not any demonstration. But whether it bee expedient to drinke wine presently before, and after meale, it is a matter not so euident. In my iudgement, the whole determination of this doubt, is to bee gathered from the nature of the wine, and from the temperature of the stomacke, and disposition of the body that taketh it. For example sake; The drinking of wine before meale, is not conuenient for them that are young, or for any that haue hot stomacks, because it will distemper the liuer, cause inflammations, and consequently, marre the concoction of the meats. But for olde men, and all such as haue colde stomacks, a little draught of Sacke, or of any other wine of like nature, is very profitable before meales, because it discusseth windy crudities, exciteh the appetite, and fortifieth the naturall heat for concoction; yet with this prouiso, that they euen forthwith goe to their meale, for otherwise it will by euaporation greatly offend the head. But verily I suppose the drinking of White or Rhenish wine, with a Lymon sliced and macerated therein, and a little also of the choycest sugar added thereto, especially if the Drinker be of a tender pallate, to be very wholesome and good, as a preparatiue-draught before meales, for all bodies (except for such as are subiect to a defluxion of humours, or else abound with much moisture and crudity) especially for such as are subiect to obstructions, because it cleanseth away slimie humours, adhering to the stomacke, openeth the obstructions of the mesaraicke veines, of the milke, of the liuer, and of the reines, exciteh the appetite,

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and erecteth the digestiue faculty of the stomacke. As concerning the drinking of wine immediately after meale, there are some that doe altogether prohibit it, & not without good reason, because it hurteth the braine and sinewes, by euaporating from the stomacke, yet by their leaue, a little draught of Sack, or of any other wine of like nature, may not be hurtfull, but rather oftentimes very profitable to them that haue colde and weake stomacks, so they bee not affected with infirmities of the head and sinewes, because it helpeth the concoction, by comforting the stomacke, and repairing the naturall heat. But the drinking of a great draught is in no wise expedient, because it subuerteth the concoction, by causing the meat to passe from the stomacke indigested, and greatly also offendeth the head with acute vapours.

Whether it be profitable, or in any sort necessary for such as are in health to drinke betweene meales?

Inswere, that it is very hurtfull to drinke betweene meales, so long as the meats that haue beene taken, remaine vndigested in the stomacke, and not past the first concoction (except great thirst and siccity of the stomach and throat shall require it, and then onely a little is to bee taken, that the driness may be somewhat mitigated) because it interrupteth and confoundeth the concoction, by disturbing the naturall heat that is in working, and consequently maketh the body to abound with crudities. But after that the meat is concocted and descended from the stomacke, which will be in three or foure houres after the meale, it is good to drinke one meetely large draught of White or Rhenish-wine, or stale Beere, or of Sacke, so the person that take it be of a colde constitution, and so much the rather, if hee be aged, and the season of the yeare also colde, to wash and cleanse out of the stomacke the reliques of the meats, and to cause a more facile and speedy distribution, or passage of the meats concocted through the mesaraicke veines vnto the liuer. Wherefore, this drinking of Wine or Beere betweene meales, as the constitution of the
body

body shall require, may well bee termed both dilutiue and dilatiue, and is good for all men, especially for such as are subiect to obstructions of the stomacke, and mesaraicke veines, that conueigh the alimentary chyle or iuyce, which commeth of the meats, concocted in the stomacke to the liuer, to be made bloud.

Whether the custome of drinking fasting in the mornings, and likewise enenings, euen at the time of going to bed, bee to be approued and consented vnto?

THE custome of drinking in the mornings fasting, a large draught of White wine, of Rhenish wine, or of Beere, hath almost with all men so farre preuailed, as that they iudge it a principall meanes for the preferuation of their health; whereas in very deede, it is, being without respect had of the state or constitution of the body, inconsiderately vsed, the occasion of much hurt and discomfort. For conuelling therefore of this vaine custome, I answer, that the drinking of a large draught fasting of the aforesayd Wines, or of stale Beere, if it shall be more agreeable to the body, is onely good for them that are of an hot and dry constitution, or subiect to obstructions, so they be not of a very colde and moyst temperature, that the siccity of the stomacke may bee mitigated; and any slimie or obstructiue humour residing in it, in the liuer, veines or reines remooued, & cleansed away: which the taking of a large draught fasting of stale Beere, or of one of the foresayd wines, especially if a Lymmon be macerated in it, as aforesayd, doe notably performe. But this may not so generally be taken, as that it is allowable for euery one that hath an hot & dry state of body, to drinke a large draught mornings fasting, for it is not conuenient for such as are very rheumaticke, though they are of a dry temperature of body, because it will greatly encrease rheumes; but to such, a finall draught, to temper onely the siccity of the stomacke, is to be exhibited. And heere it may bee demanded, whether or no it bee good to drinke stronger wines fasting, as Muskadell, Malmsey, or such like: I know that it is vterly

forbidden, as pernicious to the body, which I likewise a-
uerre, in respect of the younger sort of people; but for the
aged, in whom the radicall moysture and heate is decayed,
I deeme it to be very wholsome, especially in colde coun-
tries, and in the colde times of the yeere, because they are
very comfortable and restorative: wherefore to drinke
mornings fasting, a draught of Muscadell or Malmsey, and
also to eat toasts of fine manchet-bread sopped therein, is no
bad break-fast for olde folkes, as I suppose. Hence it may
appeare, that it is not altogether vnwholsome, to drinke
strong wine next the heart, so there bee respect had to the
age, to the time, and to the country. As concerning the
vse of drinking, at the time of going to bed, I affirme that it
is in no respect allowable, but for hot and cholericke bo-
dies, who commonly haue dry and thirsty stomacks, to
whom a little draught of Beere, and that also but of meane
strength, for allaying onely the siccity of the stomack, may
be admitted; I say a little draught, because a large one may
breede crudities in the stomacke, offend the braine, and
make it subiect to distillations.

The conclusion therefore is, that to drinke mornings
fasting, is very hurtfull to the phlegmaticke, and at the time
of going to bed, for all bodies, except for them that haue
dry and thirsty stomacks, because it filleth their stomacks
and veines with crudities, and the braine with superfluous
vapours. Wherefore the custome of drinking, mornings
and euening, is to be refrained, except of them, for whom
it is conuenient, as afore sayd, and with great caution to be
vsed of such as are much subiect vnto rheumes, though the
temperature of their body shall require it.

*Whether abstinence or fasting from meate and drinke vnadui-
sedly vsed, be no lesse hurtfull to the body then intemperance?*

Although abstinence from meat & drinke moderate-
ly vsed, according to the age, constitution of body, and
time of the yeare, be very greatly auailable for the prefer-
uation of health, because it abareth the bloud, concocteth
raw humors, and expelleth all manner of superfluities; yet if

if it be immoderately, vntimely, and vnaduisedly vsed, it is no lesse hurtfull then Intemperance: for it spoyleth the stomacke, destroyeth the spirits, and subuerteth the strength, and the naturall heat by with-drawing of nutrimentall moysture, is too much incended; and not finding humor to worke on, turneth its force vpon the radicall or substantiall moysture of the body, which exhausting, bringeth the body into a deformed Atrophie or consumption. Notable therefore is that saying of *Hippocrates*, Neither fulnesse, *2. Apher. 4.* neither emptinesse, nor any thing else which exceedeth Natures measure, is good. But because there is great difference to be found amongst men concerning fasting, for some may better and with much more profit abide without meat then others may; you must vnderstand, that besides respect had of the age and time of yeare, fasting is most necessary and beneficiall for them that are of a phlegmaticke and full state of body, and such can longest abide fasting, because the naturall heat is occupied in concocting, exsiccating, and consuming the superfluous, crude, and moyst humours of the body. And therefore such as are plethoricke, phlegmaticke, fat, and full of moyst humors, although they be subiect to manifolde diseases, yet doe liue healthily, and not easily incurre sicknesse, if they vse temperance in their dyet, with frequent and opportune abstinence. But to dry and cholericke bodies, fasting, especially if it be not wisely vndertaken, is, by reason of their strong naturall heat, very pernicious, for it maketh them carranlike leane, greatly annoyeth the head, and causeth cardialgicke paines or gripings of the stomacke, and often-times twounings, by making the humors more cholericke and tart. Wherefore I aduise such as are cholericke and of a dry temperature, in regard of their strong naturall heat, to feede more plentifully then others, and in no wise to be too long-fasting, because they haue not in them any sufficient moysture for the heat to worke vpon, by means wherof the naturall heat being quickly incended, and conuerting it selfe vpon the substantiall moysture of the body, they suddenly incurre all the aforesaid hurts & calamities.

Fasting and a
sparing dyet
most necessary
for fat and
full bodies.

Fasting very
hurtfull to dry
and cholericke
bodies.

Why is a sparing dyet more to be observed in the Spring and Summer, then in the Autumne or Winter?

A Discreet parsimony in dyet is good at all times, but especially in the Spring & Summer: In the Spring, by reason of the winter preceding, for in the winter (by reason of copious feeding, which the coldnes of the ambient aire doth occasion, as also through paruity of exercise, and resolution of superfluous matter by the pores) many crude, phlegmaticke, and superfluous humours are bred, and detained in the interiour parts of the body, which the Spring comming vpon doth dissolve, and diffuse through the whole body, about whose concoction Nature is at that time much busied. If therefore in the Spring a large dyet or copious feeding be vsed, nature is thereby hindered and diuerted from concocting those crude and superfluous humors, by meanes whereof they remaining crude and concocted in the body, and fluctuating from part to part, doe at length settle and produce morbiuall affects. Wherefore I aduise all such as are studious of their health, to obserue in the Spring a very temperate and frugall dyet, which (as *Auicenn* witnesseth) doth chiefly preuent the diseases of the Spring.

In the Summer also a parsimonious or sparing dyet is very conuenient, because the digestiue faculty is much weakened, by reason that the naturall heat, which is the cause of all naturall actions, is by the excelsse of the extrinsecall circumstant heat dissolved and drawne forth, and therefore in such sort weakened, as not able to digest much meat. They therefore greatly erre and wrong themselves, that in the hot seasons of the yeare presse and surcharge their bodies with ouer-much meat, for besides the breeding of crudities, they often incurre suddaine and perillous suffocations. But here by the way you must vnderstand, that though a diminution of the meats in the hot seasons of the yeare be good and necessary for the preseruation of health, yet a larger portion of drinke, according as the constitution of the body shall require, is at such times to be receiued,

receiued, because that by reason of the ambient heat, much resolution of moylture is made by the pores, and consequently exiccation of the body and thirst. Wherefore to conclude this question, I here aduise all such as are respectiue of their health to alter their dyet, according as the temperature of the season, age, and constitution of the body shall require. As in the Summer, for preserving the body from an hot and dry distemperature, to obserue a cooling and moyltning kinde of dyet, I haue added as the age and constitution of the body shall require, because the elder sort of people, and such as are of a cold and moylt constitution neede not so cooling and moyltning a dyet, as those that are younger, and of a cholericke temperature. The like is also to be obserued in other seasons of the yeare, which euery one that is studious of his health may easily apply.

Diet is to be altered according to the temperature of the season, age, and constitution of the body.

Why are mens bodies sooner affected with sickness in the Autumne, then in any other season of the yeare?

BY reason of the great varietie and vnequall distemperature of the aire: for of times and seasons, that is the best which is temperate, next those that are equall, whether in colde or heate, the worst is that which altereth most, as doth the Autumne, for the middle part of the day is commonly hot, the mornings and euenings colde, whereby it comes to passe, that mans body being relaxated both by reason of the heate of the Summer preceding, as also oftentimes by the meridian heate of the Autumne it selfe, is suddenly affected with colde, and subiect to diuers infirmities. Wherefore in the Autumne no small regard is to be had of the Diet and course of life, especially of them that are weake and of a melancholy temperature, for vnto such is the Autumne, by reason of the varietie of the aire and encrease of the melancholick humour most offensiu. Besides therefore, the carefull shunning of melancholicke meats, the morning and euening cold, and meridian heate, is cheifely to be auoyded, and although the Autumneall fruits doe in this season gloriously shew themselves, yet the

Greene fruites
to what bodies
allowable.

the often and much vse of them is hurtfull, because an euill iuyce, concurring with the distemperature of the aire, doth suddenly corrupt the whole body. For all greene fruites, especially those that quickly perish and rot, as Plumms, Peaches, Aprecocks, &c. doe abundantly engender winde, make the bloud waterish, and subiect to putrefaction, especially in them that haue impure stomacks, and naturally abound with crude and moist humours: wherefore the vse of them is to the phlegmaticke and melancholicke most hurtfull. But they may be profitable, notwithstanding their waterish and vicious iuyce to the cholericke, and such as haue hot bodies, and vse great labour or exercise, because they moisten the inward parts, repress the heate and acrimonie of choler, and loose the bellie: In whose vse notwithstanding ought to be this caution, that they be taken in an emptie stomacke and moderate quantity.

Why are there some which neuer grow fat, though they liue richly and daintily; but are alwayes very leane, as though they were worne out, and exhausted, with a long continuing disease?

I Answere that this leane deformitie of body may for many reasons happen, even in such as liue richly, and alwayes eat the best and choicest meats. As by debilitie of the digestiue facultie, or of the Attractiue vnto the parts, by reason of an ill temperature, or through the constriction of the pores and secret passages of the body, which hinder the passage of the nourishment vnto the parts; or by reason of much resolution of the nutrimentall and substantiall moisture through the pores; by meanes whereof, the nourishment which is attracted to the parts is not fixed and assimilated, as it happens in such as vse great and vehement exercises, and also in them that are affected with tabeficall passions, as sorrow, anxietie of minde &c. or it may happen through the swelling of the Spleene, for when it growes great and oppresseth the heart, by reason of the affluence and obstruction of the melancholicke humour, which it ought to expurge, an euill and depraued concoction,

concoction, not onely of the stomack, but also of the liuer doth ensue, and consequently that tabificall habit of the body. Or this leane deformity (besides other erroneous courses) may happen by reason of continuall ligatures on the body, by meanes whereof the pores are obstructed, and the nourishments not attracted to the parts. From all these therefore that leane, cadaverous, and wonderfull deformity of body which is seene in many, may proceed.

Whether a fat and corpulent state of body be for health worse then a leane?

Inswere, that a fat and grosse habit of body is worse then a leane, for besides that it is more subiect to sicknes, it is for all corporall actions farre more vnapt. They are more sickly that haue grosse and full bodies, not onely because they abound with many crude and superfluous humors, but also because they lesse (by reason of the imbecility of their heat) resist extrinsecall and intrinsecall causes that demolish their health. And because they are repleated with grosse humors with a naturall strictnes of the veines, they easily incur the Apoplexie, Epilepsie, shortnesse and heauinesse of breath, swoonings, and suddaine death. A leane habit of body is also euill, because the naturall heat is through defect of moysture soone dissolued, breathed forth, and wasted; yet it is lesse euill then a grosse, because men of a leane habit of body are commonly a long time healthy, whereas of the contrary, such as are of a grosse haue often conflicts with sicknesse. But this which hath beene said is not so to be vnderstood, as that euery grosse habit of body is worse then a leane, for wee must in this manner distinguish thereof. There is a grosse habit, and the same phlegmaticke, and such is altogether euill, and to be abhorred, and of this is to be vnderstood that which I haue abouesaid. And there is a grosse, and the same sanguine, not so euill, yet euill, by reason of the dangers of repletion. And verily this grosse habit of body is better

Euery grosse
habit of body
is not worse
then a leane.

C c

then

then the leane, by reason of the plenty of heat and moy-
sture, wherein life consisteth, and therefore not to be ab-
horred, so as it doth not in such sort exceed, as it may oc-
casion perilous hurts. But it is to be obserued if it be super-
fluous and transcendent, because it suddenly induceth vo-
mitings of bloud, and such like most perilous accidentes.
But betweene these two habits there is a meane, which is
neither too fat, nor too leane, or extenuated, and that ve-
rily is the best, because the mediocritie of habit and con-
stitution, cannot be but through goodnesse of the
composition which a strong digestiue faculty,
and strength so firme doe follow, as that
they can all morbigicall causes
very easily resist.



FINIS.





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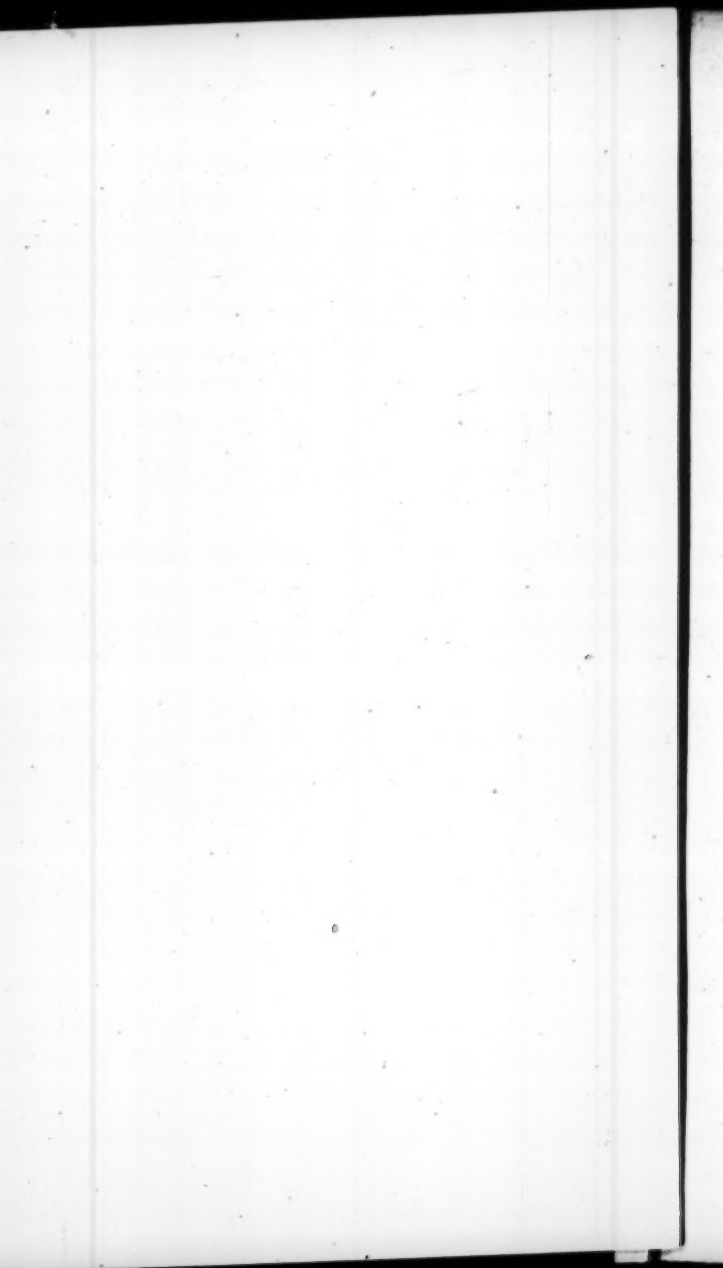
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FINIS.



A
BRIEF AND
ACCVRATE TREA-
TISE, CONCERNING,
The taking of the fume of TOBACCO,
which very many, in these dayes,
doe too too licentiously
vse.

In which, the immoderate, irregular, and
vnseasonable vse thereof is reprehended,
and the true nature and best manner of v-
sing it, perspicuously demon-
strated.

By TOBIAS VANNER, Doctor of Physicke in Bath,
in the Spring and Fall, and at other times, in the Bo-
rough of North-Petherton neare to the ancient Hamen
towne of Bridge-water in Somersetshire.



AT LONDON,
Printed by W.I. for Richard Moore, and are to be
solde at his Shop in S. Dunstons Church-
yard in Fleet-street. 1621.

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Hoc de Tobacci fumo opusculum,

*In Deuosi animi testimonium, offert,
dedicat, consecrat*

Tobias Vennerus,

Medic. Doctor.



A brieft and accurate Treatise,
concerning the taking of the fume of
TOBACCO, which very many in
these dayes doe too too li-
cenciously vse.



HE hearbe TOBACCO is of much antiquitie and reputation among the *Indians* of *America*. It is also called *Nicotian*; but neither this nor that is the name that the *Indians* giue vnto it: for it was called TOBACCO by the *Spaniards*, by reason of an Island so named, which abounded with this hearbe: and by the *Frenchmen*, *Nicotian*, of the name of one *Nicot*, that first gaue the intelligence thereof vnto them. But the *Indians* call it *Petun*, or *Petum*, which indeede is also the fittest name that both wee and other Nations may call it by, deriuing it of *Peto*, for it is farre fetcht and much desired. And thus much for the name.

As touching the temperature and faculties of
it,

B

A Treatise of Tobacco.

The nature of
Tobacco.

it, it is hot and drie in the third degree, and hath a deleteriall, or venemous qualitie, as I suppose: for it being any way taken into the body, it tortureth & disturbeth the same with violent eiections both vpward and downeward, astonisheth the spirites, stupifieth and benummeth the senses and all the members. This noysome facultie of *Tobacco* proceedeth not from the temperature of it, but from the very essence of its substance. As for the stupifying or benumbing qualitie thereof, it is best perceived vpon the taking of the fume at the mouth: for thereupon followeth a drunken-like lightnesse of the head, and especially if it be much taken at once, a benumbing sleepinesse of the limmes and senses. Wherefore *Tobacco*, though it be in taste, biting, and in temperature, hote, hath notwithstanding a benumbing qualitie; which, because it cannot depend of an extreame colde qualitie, the hearbe being very euidently hot, it followeth, that it is hot and benumbing, not benumbing by reason of its temperature, but through the propertie of its substance. There is in the iuyce of this hearb an excellent digesting, mundifying, and consolidating facultie; by meanes whereof, it is of ineffab'e force for the speedy curing of any wound or cut in the flesh, or soares, vlcers, scabbes, &c. for which it is worthy of very great esteeme, and not much for any other propertie to be magnified and respected (as I conceiue.) And thus much briefly concerning the nature of *Tobacco*.

An obiection
of our vulgar
Tobaccoists.

Before I passe to deliuer mine opinion concerning the vse and faculties of the fume, I must cleare
an

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an obiection of our vulgar Tobacconists, which I
seeme to heare them make against the noysome
qualities that I haue auerred to be in Tobacco, say-
ing; that vpon the taking thereof they find no tor-
tures and violent eiections, or stupifyings of their
members and senses. To whom I may answer, that ^{Solution,}
the immoderate vse of Tobacco hath made them
Insensibles, without sense. But let it be admitted,
that vpon taking of the fume, they find not those
malignant effects; yet it convinceth not my asser-
tion, because that by long vse and custome, it be-
commeth familiar to their bodies. And thus much
by the way to our licentious Tobacconists, who
spend and consume, not onely their time, but also
their health, wealth, and wittes, in taking of this
loathsome and vsauourie fume. Now I come to
speake of the smoakie fume and faculties thereof,
which is taken through a pipe, for that purpose,
into the mouth, and thrust forth againe at the
nostrills, and is of some also sucked into the sto-
macke and breast, against all diseases, especially such
as are gotten by cold, or that proceed from a cold
and moist cause.

The *Indians*, from whom we receiued this man-
ner of taking Tobacco, were (at the first) onely
wont to take it at such times, as they felt their bo-
dies wearied with much labour and exercise, or
would presage of things to come: for the fume
procuring first a drunken-like lightnes of the head,
and thereupon sleepe, with sundry phantasmes or
visions, was the cause that vpon their awaking they
found themselues (through their sleepe) greatly
cafed,

Sleep and vaine
dreames, two
effects of To-
bacco for which
the Indians vse
it.

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eased, and refreshed, and could, by reason of the somnoline visions which this fume doth greatly occasion, presage (as they fondly conceived) the event of any bulines, or matter of importance, that they desired to know, or were delighted in.

First they took the dried leaues of Tobacco, and cast them on the coales, then they received the smoake of them at their mouth and nose with a kane, and continued the taking thereof so long, till that they fell into a drunken traunce and sleepe, wherein they continued as dead three or foure houres, according to the quantity of smoake that they had taken. The fume having done his worke, they awakened out of their sleepe, and found themselves eased and lightened, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I haue said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visions, which this fume suggesteth.

But this custome of taking the fume, hath so far bewitched them (as also it hath and daily doth many of our people) as that they also often-times, take it for wantonnesse and delight, wherein they haue so great a pleasure, as that they desire nothing more then to make themselves drunken and drowfie with Tobacco. And thus much for the originall of the fume. I will now leaue the *Americans*, and come to our *Europeans*, who (well-neare) vse the fume of Tobacco with as much excesse as they doe.

Many

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Many of our people, and that of all sorts, doe greatly affect the taking of Tobacco; but few of them respect whether it be profitable to their bodies: for most take it, rather for custome and delight, to entertaine and passe away the time, then for any such necessitie or vtilitie that they haue of it: whereby it commeth to passe, that some iudge very hardly of Tobaccoes fume, and vterly disclaime the vse thereof. In consideration whereof, I was moued to publish this Treatise, shewing therein the faculties and right vse of the fume of some (as I know) greatly desired, and withall, taxing the ignorance, or rather petulancie of many, that in these daies doe take it without any respect had of the time, age, or constitution. A worke (I hope) no lesse pleasing, then profitable.

For mine owne part, I confesse, that though I am in no wise delighted with the fume of Tobacco, partly for the malignitie of its nature, but especially, because of the detestable sauour or smacke that it leaueth behinde vpon the taking of it: yet I doe not altogether condemne the vse thereof (for I sometimes in case of necessitie, as when I am afflicted with rheumes, take it my selfe, especially prepared, as I will heereafter shew) but rather approoue it as necessarie and profitable for the rheumaticke, and such as are by temperature, colde, so as it be taken in congruent maner, that is, both moderately and seasonsbly, as shall be heereafter shewed, for it helpeth the braine that is ouer cold and moist, reducing it by its heating and drying facultie vnto a temperature: it taketh away rheumes

The vertues of
Tobaccoes
fume,

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and windinesse of the head, and is profitable for all colde effects of the braine and sinews, by resolving and consuming the crude and windie superfluities of those partes: it doth (for the time) expell melancholie, and excite lumpish spirites: it helpeth paines of the teeth, swellings of the gummies, and aches of the ioynts: it preuenteth putrefaction of humours, by drying vp the crudities of the body, and is very profitable vpon taking of colde, and for all colde and moist effects of the stomake, breast and lungs. It is a speedie remedie vpon a surfer, by making a sodaine evacuation both vward and downeward of such things as are contained in the stomacke, and by the like reason it doth, in an instant, remooue windie torments of the stomacke, and bowels, that proceed of crude humours, and helpeth the fittes of the mother: in a word, it is (being rightly vsed) auailable against all colde and moist distemperatures. But to such as are not of a colde and moist constitution, nor affected with rheumes, it is not, though it be onely retayned in the mouth, and powred forth at the nostrills, but by way of precaution, and that with good aduise to be permitted, as I will by and by shew, and the reason is, because this fume which is hote and drie in the third degree, ascending to the braine, doth not on'ly greatly heare and distemper it, but also the animall spirits, wherevpon oftentimes the senses are confounded, and the vnderstanding perverted.

Imbibitus, that is, taken downe.

This custome of taking the fume downe

As touching the taking of the fume downe into the stomacke and lungs, I vtterly disclaime as pernicious

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pernicious, except it be done by way of Physicke, one or another of the aforelaide affects, impensively requiring it, both by reason that it is of a verie turbulent and sickly operation, and also, because it being excessiue hot, ouer heateth, and dryeth the liuer, marreth the concoction of the meats, and deturbeth them vndigested from the stomack, if it be taken before they are concocted. Moreover, the lungs which are the flabell of the heart, being by nature (in regarde of their great vse and continuall motion, of soft and spongie substance, are by the immoderate heate and sircitie of this fume, quickly dried and coarctated, and consequently become vnapt for motion, to the great offence of the heart, and ruine at length of the whole body. Hence it may appeare, in how great an errorr they persist, that vsually, or for euerie light occasion, imbibe or take downe this fume.

into the stomacke & lungs
very pernicious

Now that which hath beene spoken concerning the vse of this fume, is not so precisely to be taken, as that it is at no time lawfull or convenient for such as are not by nature rheumaticke, or colde by constitution to vse it: for it is sometimes allowable for euery one, except for him that hath a drie distemperature of the braine, to take this fume by way of preuation. For example sake, if anie one hauing not a drie constitution of the braine, shall trauell, or take a iourney in mistie, stormie, and raynie weather, especially in the winter season, I say, that it is expedient for him, although hee bee not rheumaticke, or of a colde tem.

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temperature to take three or foure draughts of this fume so loone as hee shall be entred into his house or Inne, for the preventing of rheumes, or other harmes that may chaunce to him by meanes of the grossenesse or impuritie of the aire.

An obiection
of our vulgar
Tobaccoonists.

Solution.

But mee thinkes I heare many that are not by nature rheumaticke, nor of a colde temperature of body, louers of this fume, or that I may more rightly speake, abusers, and luxuriating in this kind of euill, for cloking of their vicious custome, to obiect against me after this manner. We find by daily experience, that the fume of Tobacco doth draw from vs very many rheumaticke humours: wherefore the vse thereof is not onely allowable and good for the rheumaticke, and such as are of cold temperature. I doe deny the argument; and also reiect their experience: for their lewd and preposterous custome in taking this fume is convenient for no constitution or state of body: for, one while they take the fume, another they drinke, and so continue by turne, vntill they fall asleepe, vomit, or be drunke: wherefore it is no maruell that vpon the vse of the fume they excrete very many rheumaticke superfluities, seeing that by this their preposterous and vnreasonable mingle-mangle of smoake and drinke; farre more crudities and superfluities are bred, then can by vertue of the fume be consumed or excreted, as it is to be scene in them that are giuen to Tobacco, & the Pot, whom you may see to haue tumide and smokie faces, with turgide and flatulent bellies.

Here

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Heere also some, I know, which are delighted with the drinking downe of this fume, that I may so speake, will object against that which hath bin spoken against that manner of taking it, namely, that vppon the taking of it downe after meate, they finde no perturbation or offence, but rather, very great commoditie, by furthering the concoction. I must tell them, that in this they are grossely deceived: First, because their daily custome of imbibing the fume taketh away the sense of perturbation; for by vse and custome, any thing (though contrary) is made familiar vnto Nature, as I before haue touched: Secondly, they are no lesse deceived, thinking by imbibing the fume, that the concoction is furthered, being not able to distinguish betweene concoction and distribution: for it is the worst thing, and most pernicious to the bodie, to occasion the distribution of the meates before they are concocted in the stomacke; which they doe, that imbibe or drinke downe the fume after meate. And verily, the cause of this their errour, is some emptinesse of the stomacke, or prouocation to stoole, which they feele vppon the receiuing of the fume, not considering, that this their emptinesse and ill distribution of the meates, and consequently, prouocation to stoole, proceede from the purgative facultie of the fume. Wherefore I would haue them to vnderstand, that though they seeme to be well for the time, eyther by reason of their youth, or of a strong constitution of bodie, that this preposterous

C

posterous

Another objection.

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posterous taking of the fume, will vpon the so-
daine, ruine the state of their bodie, by spoyling
the stomacke, destroying the concoction, and fil-
ling the whole body with crude and noysome su-
perfluities.

If they shall againe vrge to shunne these dis-
commodities, and maintaine another custome no
lesse pernicious, that they will take the fume a-
bout three or foure houres after meate, when the
concoction is effected, for deturbing or driuing
downe the reliques of the meates, and crudities
that shall be in the stomacke, I would haue them
to know, that the hurt will be farre greater then
the profite: for besides that, in this they peruert
the operation of Nature, they greatly also annoy
the lungs, disturbe and infringe the spirits, cor-
rupt the breath, and destroy the languifying fa-
cultie of the liuer. I maruell verily at the madnesse
of these men. For, what is there in the fume that
should so greatly occasion delight? Not the smell,
because it is vnpleasant, much lesse the savour, for
it is stincking and fuliginous.

Besides these idle affectors of Tobacco, there
are also some who are graue and seemingly wise
and iudicious, that take it moderately, and most
commonly at fixed times; but with its proper ad-
iunct, which (as they doe suppose) is a cuppe of
Sacke, and this they thinke to be no bad phylicke;
nay, they so relie vpon this sacred medicine, as
the most of them become detractors both of phy-
sicke and Physicians, for which cause they shall
not

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not passe without my taxe. As for Sacke, it is without all controversie, very helpfull, comfortable and agreeable to mans nature, as I have shewed in my Booke which is entituled, *Via recta ad vitam longam*, of this yeares Impression: Tobacco is not so, but rather oftentimes hurtfull, especially if it be no iudiciously vsed. But, whether Sacke be good to be taken vpon Tobacco, I will hereafter (notwithstanding these detractors, for the good of others) demonstrate.

As for these Cynicke detractors (for such you shall finde most of them to be) I must tell them, ^a There is also no other reason why very many of our people, in their sickness, expose their bodies to be corrupted, I can not say cured, to ignorant vsurping Poricaries, and other bale illiterated Experickes, who are (contrary to the Lawes) euery where permitted to exercise Physicke, to the dishonour of God, disgrace to the Facultie, hurt of our People, and shame of our Nation,

that this their absurditie proceedeth from their ignorance of the great and admirable mysteries of the noble Art of Physick; or for that they are slaues to their purses, and therefore seeke not in their necessities, physicke-helpe, and counsaile from such as are learned in that facultie, or else, it is because they deeme all expence lost, besides that which adorne the backe, or oblectate the pallate and throat. And so I leaue these to their physicke, and the common Tobacconists to their sleeping betweene the Pot and the Pipe, and come now againe to shew the right vse of Tobacco.

Although it be apparent, by that which hath beene hitherto deliuered, that the taking of Tobacco is onely convenient for colde and moist bo-

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dies, that the often and daily vse thereof is onelie allowable for them that haue their stomake, breast, braine and sinewie parts exceedingly colde, and stuffed with crude and rheumaticke humours, and also that it is sometimes tollerable for others, by way of prevention; yet the knowledge of these things, without the true vse and application of the fume, as namely, when to vse it, how often, in what manner and measure, and what to obserue after the taking of it, is of small purpose: for it may (being taken without respect had of these circumstances) prooue more hurtfull, then beneficiall vnto him that taketh it. Wherefore I wish him that desireth to haue the true vse of Tobacco, to receiue from me, and carefully obserue ten precepts in the vse thereof.

Ten precepts
to be obserued
in the vse of
Tobacco.

The first is, that it be most commonly taken mornings fasting, after a little stirring of the body, and also sometimes about halfe an houre before dinner and supper, but especially at the time of going to bed, in whom the condition of the bodie, as a colde and moist constitution; and some accidents, as rheumes, catarrhes, heauinesse of the head, and cruditie of the stomacke; or circumstances, as a moist, foggie, and waterish season, shall for the preservation of the health, require the vse thereof.

2 The second is, that the taking thereof be chiefly obserued after traouelling in misty foggy and rainy weather, because it preuenteth catarrhes, and

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and rheumes, and taketh away all hurts that are wont, by reason of the humiditie and grossnesse of the aire, to happen to the head and other parts. For the taking thereof at such time, is convenient for every state of body, except where there is a drie constitution of the braine, as hath beene formerly shewed.

3 The third is, that it be taken with moderation, not (at the most) exceeding the quantitie of a pipe full at a time; for euerie thing which is superfluous, is very aduerse to Nature, and nothing more then Tobacco.

4 The fourth is, that at meales betweene the eating, it be at no hand taken, as many very foolishly doe, because it vtterly interrupteth and marreth the concoction.

5 The fift is, that it be not taken within foure or five houres after meale, except a peculiar state of the body shall necessarily require the taking thereof presently vpon the meale, and that one lie in two respects: The first is, for the imbecillitie of the natiue and digestiue heate in some, which may not be a little comforted by the translation of the heate of this fume, *mediantibus nervis*, from the braine to the stomacke: The second is, for the consuming of vapours, and preventing of their hurts, which in others are (by reason of an ill disposition of the stomacke) immoderately woont to ascend after meale: for by meanes of the fume detained in the mouth and cavities of the braine, those superfluous vapours are in part consumed,

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the braine, which by nature is ouer colde, and moist, heated and dried, and consequently, not so soone annoyed by the vapours which do ascend vnto it.

6 The sixt is, that you drinke not betweene the taking of the fumes, as our smoakie Tobacconists are wont, because thereby the operations of the fume are hindered, and more superfluities commonly bred, then can by the efficacie of it be consumed.

7 The seuenth is, that you eate not, nor drinke any thing within a quarter of an houre after the taking of the fume, but allowing that space for the operation of it, you may then wash your mouth with Beere or Wine, to take away the fuliginous fauour of the fume, and also drinke a draught of Sacke, if the stomacke shall be colde, or abound with crude and flatulent humours, and so goe to your meale, if it shall be the time of your repast. For, to wash your mouth, or drinke presently vpon the taking of the fume, doth much hinder the operation of it : or, in steade of washing your mouth, you may presently, vpon the taking of the fume, rubbe your tongue, pallate, and gummes, (which I alwayes holde fit to be observed) with a drie napkin, and if it be also heated, the better, especially in colde and rheumaticke seasons, and afterwards chew in your mouth something of an aromaticall fauour, as cloues, or the rootes of Galingall, or the floures of Rosemarie, and Sage when they may be had, &c. or the conserues of them: for
these,

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these, and such like, doe not onely take away the fuliginous and stinking savour of the fume, but also giue comfort to the braine and spirits. And vpon the doing heereof, if it be not before meales, it is specially good to swallow downe about the quantitie of a prune or two of the conserue of red Roses. *Tabule Dianisi*, which you may haue from the Apothecaries, are also very good to be eaten vpon the taking of Tobacco, the mouth beeing first washed as aforesaid, for they correct the euill savour and smell of the fume, make the breath sweete, and also resolve windinesse of the stomacke. I commonly vse, vpon the taking of Tobacco, to swallow downe a spoonefull of a pectorall and cephalicke syrupe made for the purpose, which doth forthwith remooue the offensive savour of the fume, and is withall, very profitable vnto the stomacke, breast, and head, & thereupon also, a quantitie of the conserue of red Roses, especially at the time of going to bed.

8 The eight is, that in drawing of the fume, you suffer it not externally to affect the eyes: for it is vnto them, by reason of its smokie drying, and fuliginous nature, very offensive.

9 The ninth is, that you warily draw the fume out of the pipe, not sucking it into your wind-pipe and throate with a sodaine or strong attraction; for then it will exasperate the winde-pipe, and much offend and disquiet the mouth of the stomacke.

10 The tenth and last is, that you go not abroad into the aire, presently vpon the taking of the fume,

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sume, but rather refrain there from the space of halfe an houre or more, especially if the season be colde, or moist, because the poares of the body being open, by meanes of the strong working of the fume, euen to the vttermoſt and ſuperficiarie parts of the body, ineffable hurts may happen, by the ſodaine accesse of the aire. Hence you may obserue how idle and foolish they are, that can not trauell without a Tobacco pipe at their mouth; but such (I must tell you) are no base Tobaccians: for this manner of taking the fume, they suppose to be generous: Let these fume-gallants enjoy their vanity, and for their better grace, it were good they were also attended with chimney-sweeping Lackeys.

Now from that which hath beene said, you may collect a two.ſelde manner of taking of Tobacco, which ought to be altered and obserued, according as occasion and the particular ſtate of him that taketh it, shall require. The first is, a detaining of the fume onelie in the mouth, and thrusting of it forth againe at the noſtrils, for heating and drying of the braine, and for dissoluing and dissipating of colde humours and superfluous vapours that reside in it.

The fume of Tobacco ought not to be taken downe vpon euerie light occasion,

The other is a receiuing of it into the stomacke and lungs, for consuming & deturbing of crudities and windinesse, that shall offend in those parts. But I aduise, that the fume be ſodainly taken downe, and then neither, but some great necessitie or extremitie vrging it, both because it offenderth the bodie with its violent operation, and also for that it may, by reason of its exiccating nature, be very hurtfull

to

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to the lungs, liuer, and mels, as I will by and by shew. Wherefore my counsell is, that some safer remedy (if time shal permit) be vsed for consuming and deturbing of the flatulent crudities of the stomacke and bowells.

Whosoever therefore thou be that desirest to know whether the fume of Tobacco may be profitable or hurtfull to thy body; thou oughtest first to consider, whether it be convenient for thy head: for if thy braine be ouer cold and moist, or abound with superfluous matter, then the detaining of the fume onely in the mouth, and forcing it out at the nostrills, may be profitable vnto thee: for by this meanes the fume ascending to the braine, doth not onely by its heating, attracting and exiccating facultie euacuate and consume the superfluities in it, but also, in some measure, reduceth the same to its natieue temperament.

But heere by the way it is to be noted, that it may sometimes happen, that some may have their heads accidentally stuffed with rheumatike matter, although the braine it selfe bee not in its natieue temperature excessiue colde and moist, but is rather affected with a drie distemperature. Wherefore I adunise such, to take the fume with very great caution & moderation, as at one time not to exceed the quantity of fixe or seuen draughts at the most, lest it should cause greater hurt to the braine and spirits, by encreasing the drie distemperature of the braine, and incensing the spirits, then commodity in discuffing and consuming the co'd e and waterish humours, wherewith the braine was acci-

Such as are affected with a drie distemperature of the braine, must verie warily (when they are annoyed with rheumes) vse Tobaccoes fume.

D dentally

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dentally oppressed, which in some I haue obserued to come to passe, that haue without measure and iudgement vsed this fume.

Secondly, you must diligently consider whether the fume of Tobacco bee convenient for the stomacke, lungs, and liuer. For, if crude and windie humours abound in the stomacke and bowells thorow a colde imbecillitie of the liuer; or if a colde distemperature, and thinne, crude, and flatulent humours dominiere in the lungs, then the imbibing alio or taking downe of the fume into those parts, may, so the stomacke be emptie of meates, be sometimes tollerable, yea profitable, especially for strong bodies, in case of extremitie, and when no better remedie, at the instant, can be had: for by its heating, exiccating, and purging facultie, it somewhat correcteth the distemperature, consumeth winde, and soorthwith expurgeth the offensive humours. But by reason of its turbulent and sickely operation, I cannot commend the often vse thereof, nor at any time approue it to them that are of a weake and valetudinarie state of body.

Two cautions
to be obserued
in taking the
fume of Tobacco
downe.

Heere two cautions doe offer themselves to be obserued concerning the imbibing, or taking downe the fume: the one, in respect of the lungs, the other, in respect of the lungs and liuer too. For if the lungs be obstructed of a thicke and clammy humour, or subiect to such obstruction, then the taking downe of the fume is very pernicious, because it doth by reason of its heate and siccitie, more harden and condense the humour, by means whereof, it is altogether vnfit to be excreted. From
hence

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hence it is manifest, with how great prudence, cau- Caution practica
tion and providence, wee are to vse heating and
drying remedies in affections of the lungs. In like
manner also the taking downe of the fume, is ve-
ry pernicious to them that are affected with a drie
distemperature of the liuer, or lungs, although the
stomacke and intestines shal sometimes be annoyed
with crude and flatuous humours, because it will
cause greater hurt by encreasing the distempera-
ture of those parts, then commodity in discussing
and purging tooorth the crudities of the stomacke
and bowells: and therefore (in mine opinion) it
is farre better, in such case, altogether to abstaine
from taking downe the fume, and to vse a more
safe and easier remedy.

The like caution must also be observed in re- Tobacco most
pernicious to
drie melanco-
like bodies,
spect of the melt that is obstructed, or subiect to
obstruction, especially in them that are of a drie
melancholike temperature, because the fume, by
reason of its heate and siccitie, doth not onelie
greatly distemper them, but also causeth their
bloud to growe more melancholike, and to bee a-
dusted, and the melancholie humour that resideth
in the spleene, as in its proper receptacle, to bee
indurated from whence diuers calamitous miseries
doe commonly arise. Wherefore I aduise all such
as are of a melancholericke constitution, vterly to
shunne the taking of Tobacco.

But, that Tobaccos fume may more effectually
performe all the aforesaid commodities, and with
lesse detriment, I aduise that the rules of Tobacco
be macerated or steeped two or three daies in sacke
about.

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The prepara-
tion of Tobacco.

abundantly edulcorated or sweetned with sugar, wherein Nutmegs, Cloues, Saffron, the rootes of Sassafras, Calamus aromaticus, and of Galingale, Lignum aloes, knaps of Stickadoue, the Floures of Rosemarie, Sage, and Lavender-spike, together with their knaps, Fennell seedes, and the excellent graines called Cubebe haue beene infused foure and twenty houres, and afterwards strained from the licour with a strong expreffion. All these things must be bruised a little, sauing the Saffron, but the rootes and Lignum aloes more then the rest, or sliced very thinne, and for the quantities of them, and of the wine, it must be according to the quantitie of Tobacco that you will infuse, wherein you can commit no errour, so you take not aboue halfe a dram of Saffron to a quarte of Wine: when the Tobacco shall be infused as aforesaid, take it out of the licour, and reserue it for your vse. If any shall also sprinkle it with a few droppes of oyle of Annise or Fennell seedes, or rather, of Cloues, I will not gaine say it. For the fume, by reason of an Aromaticall savour, which it acquireth by meanes of this artificiall preparation, is more agreeable to the spirits, & doth, besides the aforesaid commodities, which it more excellently performeth, farre lesse offend with its benumbing qualitie, ill smell, and fuliginous savour.

The discom-
modities of
Tobacco, being
immoderately
and vntimely
receined,

Now, that I may impose an end to this busines, I will summarily rehearse the hurts that Tobacco inferreth, if it be vsed contrary to the order and way I haue set downe. It drieth the braine, dimmeth the sight, viciateth the smell, hurteth the stomacke, destroy.

A Treatise of Tobacco.

destroyeth the concoction, disturbeth the humors, and spirites, induceth a trembling of the limbes, corrupteth the breath; exiccateth the winde-pipe, lungs, and liuer, annoyeth the melt, scorcheth the heart, and causeth the blood to be adusted: Moreover, it eliquateth the pingui-substance of the kidneys, and absumerh the geniture. In a word, it ouerthroweth the spirites, perverteth the vnderstanding, and confoundeth the senses with a todayne astonishment and stupidity of the whole body. All which hurts I affirme, that the immoderate and intempestiue vse of Tobacco doth effect, both by reason of its temperament, but especially through the property of its substance: wherefore the vse of it is onely tollerable by way of physicke, not for pleasure, or an idle custome.

To conclude therefore, I wish them that desire to haue *mentem sanam in corpore sano*, altogether to abandon *insanum præposterumque Tobacci usum*. This is all which seemed good vnto me to be written of Tobaccos fume, partly for shewing the right manner of vsing it, but especially for reproouing the too too licentious liberall, and intempestiue taking of it, which very many, in these dayes) do to their owne ruine lewdly, and for want of better employment, foolishly affect.

F I N I S.